



# VOGUE

02031 ©

JAN.  
\$1.25

fashion  
and beauty '76

the  
word  
is  
pretty!

80 great new looks  
and how to  
wear them

what's news, what's coming

Nancy Kissinger • weight-loss fast • non-stop energy  
easy Italian buffet • gossip 1976 • mistreating women



# Our soap has nothing to hide.

This is what a bar of Neutrogena® looks like when you unwrap it. Nothing fancy. No decorator shapes, swirls of color, room-enveloping perfume, or monograms. Just an unadorned bar of pure amber, so clear you actually can look through it.

But this apparently simple-looking soap can do more for your sensitive, dry, or touchy skin than the most elaborate cosmetic soaps on the market.

**Why? Because Neutrogena is uniquely, painstakingly formulated to be kind to sensitive skin.** We've been caring for sensitive skin for 20 years.

It is hypo-allergenic, with known irritants screened out. It won't de-fat, deterge, or denature the skin, unlike so-called deep-pore cleansers, because its mild, heat-stable molecular formula is chemically-balanced to remove surface dirt and makeup without penetrating the skin's sub-layers and robbing them of oils and moisture.

And it contains no extra artificial ingredients, called inhibitors, which many soaps contain to make them last longer.

**When you first try Neutrogena, you'll notice that it dissolves more easily** than any soap you've ever used.

That's because Neutrogena does *not* contain inhibitors. It *liquefies* when it meets water, completely rinsing off so there's no soap residue left on your skin to alter

its pH balance and keep it from returning to normal. This solubility is your promise that your face won't have that tight, dry feeling after washing that you sometimes get from other soaps. And that, even if your skin is dry, Neutrogena won't make it worse.

**In fact, dermatologists, allergists, and even plastic surgeons frequently recommend** our soap because it does one thing and does it well. Neutrogena *cleans* your skin thoroughly, yet mildly and without irritation.

What's more, our soap is tested as carefully as a prescription drug. Its quality ingredients meet USDA Food Grade requirements, which means they're safe enough to eat. NASA chose Neutrogena Soap for Skylab experiments because of its mild, non-irritating qualities. (Imagine an astronaut in outer space with a skin rash and you'll see how important a soap can be.)

And in a number of medical cases Neutrogena Soap has been used for cleansing where other soaps could not be tolerated.

In an era when you have a right to be suspicious about the claims products make, our soap has nothing to hide. Try it. Once you've enjoyed that wonderful, clean Neutrogena feeling, perhaps your skin will have nothing to hide, either.

**Neutrogena® Soap**  
for sensitive skin care.





A full-page fashion advertisement for Leonard. A woman with blonde hair is standing on a balcony, leaning against a metal railing. She is wearing a light blue, long-sleeved dress with a large, vibrant floral pattern in shades of purple, pink, and green. The dress has a high collar and a long, flowing skirt. She is also wearing a matching light blue scarf and a dark bracelet on her right wrist. The background shows a building with a balcony railing and a dark, shadowed area on the left. The text "LEONARD" is prominently displayed in the top left corner, with "Fashion" written in a smaller font inside the letter "O". Below it, "PARIS" is written. Further down, the text "FIFTH AVENUE, NEW YORK" and "BERGDORF GOODMAN" are listed, followed by "MAPLE AVE., WHITE PLAINS". In the bottom right corner, the text "WALLACE & DRAEGER, PARIS" is visible.

LEONARD

Fashion


PARIS

FIFTH AVENUE, NEW YORK

BERGDORF  
GOODMAN

MAPLE AVE., WHITE PLAINS





Setting you off in a whirl of  
pin-striped pleats.  
The grand tailleur.  
In the grand manner.

Very Spring. Very Parisienne.  
Ernst Strauss's superb suit in  
sheerest naked wool, neat as a  
pinstripe in navy and white.  
The shape, a touch nostalgic,  
with its long jacket, straight  
and loose, loosely sashed; the  
red carnation buttonhole; soft  
polyester shirt. The stitched-  
down, sharp-edged pleats,  
doing those marvelous things  
for your legs. Flirt with Spring.  
6 to 14 sizes, \$310.  
Designer Suit Collections.

*Saks  
Fifth  
Avenue*



GRACE MIRABELLA  
Editor-in-Chief  
Managing Editor: KATE LLOYD  
Fashion Directors:  
POLLY ALLEN MELLEN FRANCES PATIKY STEIN  
Art Director: ROCHELLE UDELL  
Copy Editor: EDITH LOEW GROSS  
Fashion Department  
KATHRYNE HAYS  
Executive Editor Shoes, Lingerie  
ELSA KLENSCH SHARON HARTS  
JADE HOBSON Accessories Editor  
ELISABETH HERRIGER Fabrics Editor  
LAURIE BROCKWAY BODOR  
BARBARA BERSELL Boutique, Observations Associate  
ELEANORE PHILLIPS Los Angeles Editor  
SARAH SLAVIN Fashion Assignments Coordinator  
Fashion Assistants  
KATHLEEN O'CONNELL Shoes, Hosiery  
SUSAN AYLING Fabrics  
VERA WANG Accessories  
LINDA JACKSON Accessories  
JULIA HARTLEY Executive Assistant to the Editor  
Editors Abroad  
SUSAN TRAIN Paris Editor  
CONSUELO CRESPI Rome Editor  
MARY RUSSELL European Editor at Large  
ALINE ROMANONES Madrid Editor  
Beauty Department  
JOANNA BROWN Beauty and Health Editor  
KATHERINE ERSKINE Assistant  
Feature Department  
LEO LERMAN Consulting Feature Editor  
DESPINA MESSINESI Travel Editor  
LORRAINE DAVIS Feature Associate  
Feature Assistants  
KATHLEEN MADDEN RICHARD ALLEMAN  
Living Consultant: BARBARA PLUMB  
Contributing Editors  
ALLENE TALMEY ROSEMARY BLACKMON  
FRANÇOISE DE LA RENTA MARY ROBLEE HENRY  
CECIL BEATON ROBIN DUKE BLAIR SABOL  
JOE EULA SANDRA McELWAIN MELVA WEBER  
LINDA RICE Editorial Coordinator  
Copy Department  
Staff writers: LYDIA McCLEAN  
SUSAN GREENSTEIN VALORIE GRIFFITH WEAVER  
Copy Executive: NANCY HERTZ FLEDER  
MARA COVELL MARIE-CLAIRE MARGULES  
Research Department  
PATRICIA GRANT GARNER Editor  
Associates: PENELOPE CAPPA VIRGINIA WELCH  
Art Department  
RONALD KAJIWARA Layout and Design  
EDMUND WINFIELD MARTHA M. VOUTAS  
Production: GERALD SLATER REYNOLDS ROLLES  
Administrative Assistants:  
GLADYS POHL GLORIA GERSH Art  
WILLIAM P. RAYNER Editorial Business Manager  
DIANA VREELAND Consulting Editor  
RICHARD A. SHORTWAY Publisher  
Advertising Director: ROBERT N. CLOUTIER  
Business Manager: NEIL JACOBS  
Retail Director: RICHARD McMAHON  
Associate Advertising Managers:  
CHARLES H. REINHARDT ROBERT L. GROBERG  
Beauty-Cosmetics Advertising Manager: DAVID RUBIN  
Beauty Marketing Director: WILLIAM D. LEAHON  
Travel Marketing Manager: MARGARET THALKEN  
Sales Development Manager:  
WILLIAM F. BONDLOW, JR.  
BARBARA McKIBBIN Executive Editor  
Merchandising Department  
SHEILA HULTKRANS Director  
ELIZABETH GROVES Projects Editor  
WENDY TALBOT  
LINNEA PERSON Merchandising Services  
Promotion Department  
JAYNE INGRAM Director  
WALTER RUSSELL Creative Director  
RODNEY RITTER Art Director  
DAMIAN CARLINO Production Manager  
BRANCH OFFICES  
New England: Paul Sowizral, Mgr.  
Statler Building, Boston, Mass. 02116  
Midwest: Donald H. Koehler, Mgr.  
875 No. Michigan Ave., Chicago, Ill. 60611  
West Coast: John P. Demorest, Mgr.  
3921 Wilshire Blvd., Los Angeles, Cal. 90005  
Southeast: Miller & Tillman, Reprs.  
130 W. Wieuca Rd., N.E., Atlanta, Ga. 30342  
Europe: Cyril N. Kuhn, Mgr.  
4 Place du Palais-Bourbon, Paris 7  
BRITISH VOGUE  
Vogue House, Hanover Square, London, W. 1  
FRENCH VOGUE 4 Place du Palais-Bourbon, Paris 7  
ITALIAN VOGUE Piazza Castello 27, Milan  
VOGUE AUSTRALIA IS PUBLISHED BY  
BERNARD LESER PUBLICATIONS PTY. LTD.  
VOGUE IS PUBLISHED BY  
THE CONDÉ NAST PUBLICATIONS INC.  
Condé Nast Building  
350 Madison Avenue, New York, N.Y. 10017  
S. I. NEWHOUSE, JR. Chairman  
ROBERT J. LAPHAM President  
BENJAMIN BOGIN Vice President  
HAROLD G. MEYER Vice President  
DANIEL SALEM Vice President (Overseas)  
J. PAUL YOUNG Vice President-Circ. Dir.  
FRED C. THORMANN Treasurer  
MARY E. CAMPBELL Secretary  
ALEXANDER LIBERMAN Editorial Director

JANUARY, 1976

(INCORPORATING VANITY FAIR)

# VOGUE



COVER PHOTOGRAPH BY ARTHUR ELGORT

COVER: FASHION '76—The new layering—the mingling of pretty tones and textures—from Geoffrey Beene. The unlined jacket of thinnest wool gabardine, in a gingham check of pale, pale blue and soft pewter grey over a blue crêpe de Chine polo shirt and a breeze of wool jersey skirt in pewter. To wear over it—over anything—any time—any season: an unlined shell of a raincoat in silk taffeta plaided in pale blue and cream. Suit (jacket, Agnona fabric; shirt, Taroni silk from E.H. Sormani; Jasco wool jersey skirt) about \$1,095. Raincoat, of Taroni fabric from E.H. Sormani, about \$695. At Bergdorf Goodman; Nan Duskin; Kaufmann's; Montaldo's; Neiman-Marcus; Neusteters; Bullock's Wilshire. Accessories, page 135. . . . BEAUTY '76—The new prettiness of makeup—nothing but sheer "natural" glow: Chocolat Maqui-Bronze for skin, Beige Rose Fluid Blush and Cassis Lumilane Lipstick—all, Orlane. Hair, Rick Gillette; makeup, Way Bandy.

## FASHION

- 57 Vogue's Point of View
- 58 The 200-Year Woman
- 60 Fashion '76: The Word Is Pretty!
- 62-73 Pretty: What It Takes—A Whole New Approach to Dressing
- 74-79 Paris Report: The New Ready-To-Wear Collections
- 80-87 The Clothes You'd Love To Wear Right Now
- 110-121 The Best Sundressing: Relax-and-Enjoy—Jackets, Maillots, T-Shirting
- 122 Vogue Patterns: Relax-and-Enjoy—The Jacket You Make Yourself
- 55 Boutique: Two Terrific T-Shirt Wardrobes

## BEAUTY AND HEALTH

- 62 Pretty: What It Takes
- 63 Pretty: What It Means. By Jill Robinson
- 102-109 Beauty and Health Now: New Think on Beauty
- 102 Listen: Your Hair Is Talking
- 104 Nonstop Energy: The Doctors' Way To Get Going and Keep Going. By Joanna Brown
- 107 The Weight-Loss Fast. By Melva Weber
- 24, 26 Hair Now
- 36 Beauty Checkout: Everything on Eyebrows
- 40 Ready Beauty: Plan Your Time To Lose Weight. By Nissa Simon
- 41 Ready Beauty: Good News Products To Take with You
- 52 Health. By Melva Weber

## FEATURES

- 88-101 People Are Talking About . . . What's News, What's Coming
- 90 Gossip: Trashcan Revival. By Blair Sabol
- 93 Mistreatment Madness. By Jim and Carolyn Barden
- 95 Pix, Newest Collectors' Picks. By Barbara Rose
- 98 Not Mrs. Anybody, She's Nancy Kissinger. By Charlotte Curtis
- 17 Horoscope. By Francesco Waldner
- 33 Tip-Offs: Movies, by Rex Reed; Books, by Allene Talme; Art, by Barbara Rose

## LIVING

- 96 Olympic Tower in New York
- 100 Susanna Agnelli's Italian Buffet Tricks
- 38 Easy Cook, Fast Serve: Italian Buffet Meals. By Arthur Gold and Robert Fizdale

## TRAVEL

- 124-126 The Passionate Traveler: Cancún, Mexico. By Jon Bradshaw
- 45 A Most Exotic Island: Sri Lanka (Ceylon). By Jane O'Reilly
- 48 Cancún Travel Tips. By Despina Messinesi
- 50 Vogue To Go
- 132 Travelog
- 133 Vogue's School Directory

COPYRIGHT © 1975 BY THE CONDÉ NAST PUBLICATIONS INC. ALL RIGHTS RESERVED. PRINTED IN THE U.S.A. VOGUE (INCORPORATING VANITY FAIR) IS PUBLISHED MONTHLY, SECOND CLASS POSTAGE PAID AT NEW YORK, N.Y., AND AT ADDITIONAL MAILING OFFICES. SUBSCRIPTIONS: IN U.S. AND POSSESSIONS, \$10 FOR ONE YEAR; \$18 FOR TWO YEARS. IN CANADA AND MEXICO, \$12 FOR ONE YEAR; \$22 FOR TWO YEARS. ELSEWHERE, \$15 FOR ONE YEAR, PAYABLE IN ADVANCE, SINGLE COPIES IN U.S. AND CANADA, \$1.25. FOR SUBSCRIPTIONS, ADDRESS CHANGES, AND ADJUSTMENTS, WRITE TO VOGUE, BOX 5201, BOULDER, COLORADO 80302. SIX WEEKS ARE REQUIRED FOR CHANGE OF ADDRESS. PLEASE GIVE BOTH NEW AND OLD ADDRESS AS PRINTED ON LAST LABEL. POSTMASTER: SEND FORM 3579 TO VOGUE, BOX 5201, BOULDER, COLORADO 80302. VOL. 166, NO. 1, WHOLE NO. 3127

# EVE OF ROMA

"Roman Glow Makeup, light years ahead of its time."

EVE OF ROMA CORP.  
40 WEST 57TH STREET  
NEW YORK, N.Y. 10019





**JAEGER**  
England

What all clothes would be if they only knew how.

In the best of British tradition, our clothing always demonstrates an infinite respect for detail.  
The way in which this blouson sweater so skillfully accents the flair skirt is but one such example.





*Lord & Taylor*

**The sun never sets  
on a sundress this charming**

Baring your shoulders beautifully.  
Gently shaped with tucking.  
Blooming with mauve flowers  
on airy brown cotton voile.  
With a great matching scarf  
to wrap as you will.

By Don Breitingner for  
Harold Levine.

4 to 12, 180.00

The Salon, Third Floor,  
Lord & Taylor, New York  
and at all  
Lord & Taylor stores



---

NEW REGATTA STRIPES. SAIL BOLDLY! YOUR CAPTAIN IS RALPH LAUREN.

---



*Neiman-Marcus*

Sport Shop  
Dallas  
Fort Worth  
Houston  
Bal Harbour  
Atlanta  
St. Louis  
and in March, Chicago



# Indulging is Your Dior.

Luxuriate in the **Christian Dior** "Lily of the Valley" Collection from Wamsutta.

CHRIS VON WANGENHEIM







Dress by Mira de Moss. Diamonds by Harry Winston.



It's hard to believe a makeup  
that feels this light and looks this natural  
could cover this well.

'Beautiful Creme Makeup' is so natural-looking you never look 'made up,' even in sunlight. And even if your skin isn't perfect, this exclusive gel formula makeup covers perfectly. It wears beautifully in humid or rainy weather too, because it's waterproof.

'Beautiful Creme Makeup' is matte enough for normal or even oily skin. Yet it's moist enough for dry skin with tiny lines to hide. The result is believably beautiful skin. For hours and hours.



ULTIMA II  
CHARLES REVSON



The reason you look so good in our suit is our suit.



Sirena understands a woman.

The seashore, printed on a Lycra<sup>®</sup> maillot with a soft bra, halter tie straps. About \$29. For stores near you, write Sirena, Dept. JV, 110 East 9th Street, Los Angeles, California 90015.





Catherine Deneuve for Chanel



# CHANEL N°5

Perfume in the classic bottle 12.00 to 400., Spray Perfume 9.50, Eau de Toilette 8.00 to 22.00, Eau de Cologne 5.50 to 25.00, and Spray Cologne 7.50.



# a dos d'elephant



by **exportos india**

Designed in Paris and transported to you from India on the back of an elephant...a dos d'elephant.



Cotton dress, \$38  
Print blouse, \$20  
Reversible vest, \$22

a dos d'elephant  
530 Seventh Avenue, New York, New York 10018 (212) 221-1036

Exportos India, Paras Cinema Building, Nehru Place, New Delhi 110024  
Sole distributors for the u.s.a.: European style distribution Ltd.



# BONWIT TELLER

## Oh! You lucky lady.

After seeing Gene Hackman, Liza Minnelli and Burt Reynolds strike it rich in the smash hit movie "Lucky Lady," Bonwit's brings good fortune your way. With a Lucky Lady Diamond Collection. With Existence Accelerated Action Cream (for after all, your face is *your* fortune). And with a chance to win a 14 kt. gold lucky charm, by discovering Helena Rubinstein's remarkable formula. Existence cream unlocks your own natural powers to renew youthful, glowing, super-moist skin. Two precious ounces cost 40.00. But if you're a very lucky lady, you might win the fabulous gold and diamond four leaf clover, a 60.00 value! Each day from December 30th through January 3rd, one winner will be drawn at Bonwit Teller in New York, Chicago and Oakbrook. You'll be eligible all week! But if you can't wait, remember fortune smiles on those who wear lucky charm necklaces from Bonwit's Fine Jewelry. Here, it's in the cards in 18 kt. gold with .20 carats of diamonds, 425.00. From our collection of lucky #7 dominos, wishbones, horseshoes and card symbols in 14 kt. gold priced from 110.00 to 140.00. Bonwit Teller Fifth Avenue at 56th Street, New York Chicago Oakbrook





Twice a day.





# Twice a day.

Clinique is the skin care system women believe in because it works.

Clinique's dermatologists worked it out this way.

3 products, 3 steps, 3 minutes, each morning and night.

Clean with Clinique's great soap.

Clear away with a clarifier for your skin type.

Replenish with moisturizer.

That's it. That's all.

For skin that just gets better and better looking.

Every day of your life.

All Clinique products are allergy tested and fragrance free.







She couldn't vote. She couldn't smoke. But in the Engelbrecht household, especially in winter, Mr. Engelbrecht always put his wife first.



You've come  
a long way, baby.

**VIRGINIA  
SLIMS**

With rich Virginia flavor women like.



Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

Regular: 17 mg.\*tar,\* 1.0 mg.nicotine—Menthol:  
17 mg.\*tar,\* 1.1 mg.nicotine av. per cigarette, FTC Report April '75



# HOROSCOPE

Vogue

From January 1–January 31

**If you were born when the Sun was in**

**Capricorn:** The first three months of the year require all your attention. Try to be on friendly terms with superiors and to avoid major changes for the time being. Good financial possibilities begin in April. Only those Capricorns born between January 15th and 20th must, until June, continue to cope with problems left from last year. Take special care of your health from March 20–May 16th and August 25th–October 8th; don't get upset over small obstacles. Very good periods in your emotional life are January 27th–February 19th, March 16th–April 8th, May 3rd–27th, August 9th–31st, and September 27th–October 20th. November 15th–December 9th looks especially promising.

BY FRANCESCO WALDNER

## Aries March 21–April 20

The best New Year's gifts you can ever expect are the excellent influences that begin the month. In your work, you have an influential person on your side who will be most helpful in settling problems. Plans for the future have a good chance of being realized; the first three months of the year are quite likely to bring you full success and well-earned rewards. One or two minor difficulties will come up, but, in balance, the year will be a good one. Many problems you've had to deal with will now be over. Venus, with her best aspects to your natal Sun, will not delude you; good Moon influences occur on the 18th–19th and 26th–27th. **My advice:** Don't make any blunders on the 1st–2nd, 15th–17th, and 28th–31st. Good health is important.

## Taurus April 21–May 20

This is the beginning of a very interesting year for you, during which many things will take on a new direction. Don't be bogged down by old prejudices; be open to new events and new ideas. In an important matter, you must change your point of view. From the 3rd–25th, small difficulties arise: be careful when speaking or writing, especially on the 3rd–5th, 18th–19th, and 31st. In your emotional life, there could be a slight discord on the 24th–25th, but you will enjoy good Moon influences on the 1st–2nd, 20th–21st, and 28th–30th. New opportunities to earn money come your way. **My advice:** Schedule important appointments or visits for the 27th–30th, days with good Venus-Mercury aspects. Look after your health from the 21st–31st.

## Gemini May 21–June 21

An active and dynamic period begins, bringing you success in your work and proposals for a cooperation with interesting people. Even your financial situation is improving. Fascinating news comes from abroad; invitations and successful travels brighten the month. Only Venus is somewhat whimsical: an exciting encounter or small conflicts with the person you love could complicate your life. Make good use of favorable days on the 3rd–5th, 22nd–23rd, and 31st; a difference of opinion with friends should be cleared up on the 8th–10th so that no hard feelings remain over the misunderstanding. Don't act too hastily on the 6th–7th, and keep your temper in check on the 20th–21st and 26th–27th. **My advice:** With a very strong Mars influence, you should take extra care of your health. (Continued on page 32)

## Showgirl.



Mary Louise Walker of Roanoke, Virginia, Doncaster Fashion Consultant.

Three or four times a year, Mary Louise Walker holds a private showing of exclusive Doncaster dresses, suits and coats right in her own living room.

Why not try it yourself? As a Doncaster Fashion Consultant, you'd be your own boss. You'd only be involved for 10 or 12 weeks a year, and during that time, you could very well earn a few thousand dollars mad money.


No investment is necessary. And because each Doncaster is custom-made, you'd have all the creative fun of advising customers on their selection of fabric and color. Prices range from \$80 to \$250.

Of course, as a Doncaster Fashion Consultant, you could buy the classically good-looking clothes for yourself at substantial savings. (In the photograph, Mary Louise Walker is wearing her favorite Doncaster from the new Spring collection.)

If all this sounds good to you, please write to Mike Tanner, Doncaster, Dept. V, Rutherfordton, North Carolina 28139. Or call (704) 287-4205

## Doncaster





We go to  
any lengths  
to make  
you happy...

with 14kt. or 18kt. gold and sterling silver jewelry—because we love to make interesting women more attractive.

Each neckchain is surprisingly unique—like you. So that the look you create is yours alone!

We make Uno-A-Erre the way fine Italian jewelry should be made: very carefully. It's the only way we know! And, because we do,


you see and feel a definite difference in the way it enhances you. So look for Uno-A-Erre at fine jewelry and department stores. It's the look you want most, at a price you'll like, too.

For colorful Style Selector, write: Aurea Jewelry Creations, Dept. V, 580 Fifth Avenue, New York, N.Y. 10036.



*Fine Italian Jewelry*





# THE FASHION QUORUM

America's most prestigious specialty stores

## JOHN BALDWIN

Florida & Myrtle Beach, S.C.

## BALLIET'S

Oklahoma City

## NAN DUSKIN

Philadelphia

## JOHN HOGAN

San Diego & La Jolla

## MISS JACKSON'S

Tulsa

## STANLEY KORSHAK

Chicago

## NEUSTETERS

Denver & Colorado Springs

## CLAIRE PEARONE

Troy, Mi.

## ESTHER WOLF

Houston

## BILL BLASS...

Unmistakably. The subtle tailoring of his double-breasted coat, impeccably pleated pants. Navy pinstripes on cream silk broadcloth. Underneath: a delicious navy silk crêpe blouse... an aubergine silk crêpe scarf. To wear with hammered gold cuffs... all shimmer with pavé diamonds.

Available exclusively at the fine jewelry salons of THE FASHION QUORUM Stores.



# JORDAN MARSH ADDS FASHION ADVENTURE TO YOUR HOLIDAY IN LUCAYA

Just 112 miles across the Gulf Stream, and only 35 minutes flying time from Jordan Marsh, the international port of Lucaya-Freeport dozes in the sun, giving little indication of the busy wonderland below. Of swimming, sunning, shopping and golfing and, at nightfall, feeling the pulsing island rhythm at a supper club or hotel show lounge.

Beach fashions from Jordan Marsh make your holiday complete. From Jantzen in lime or sapphire with white. The bandeau bikini with ring trunk, 18.00. Over it, a long skirt, 22.00. Bandeau maillot with detachable straps, 26.00



Jordan Marsh  
FLORIDA





Lucaya ... gateway to Grand Bahama, an island that has kept its original surroundings since Ponce de Leon landed. Lucaya is the setting for the Garden of the Groves, a lovely botanical garden covering 12 acres of pools, rivulets, waterfalls, hanging gardens, a fern gully and native stone sanctuary.

Two modern Eves soak up the sun at a garden waterfall in fashions from JM's Sun and Surf Shop collections. A yellow-purple paisley group from Giorgio Sant'Angelo for Sinclair. Halter bikini, 30.00, fringed shawl, 16.00, V-neck maillot, 33.00



Jordan Marsh  
FLORIDA

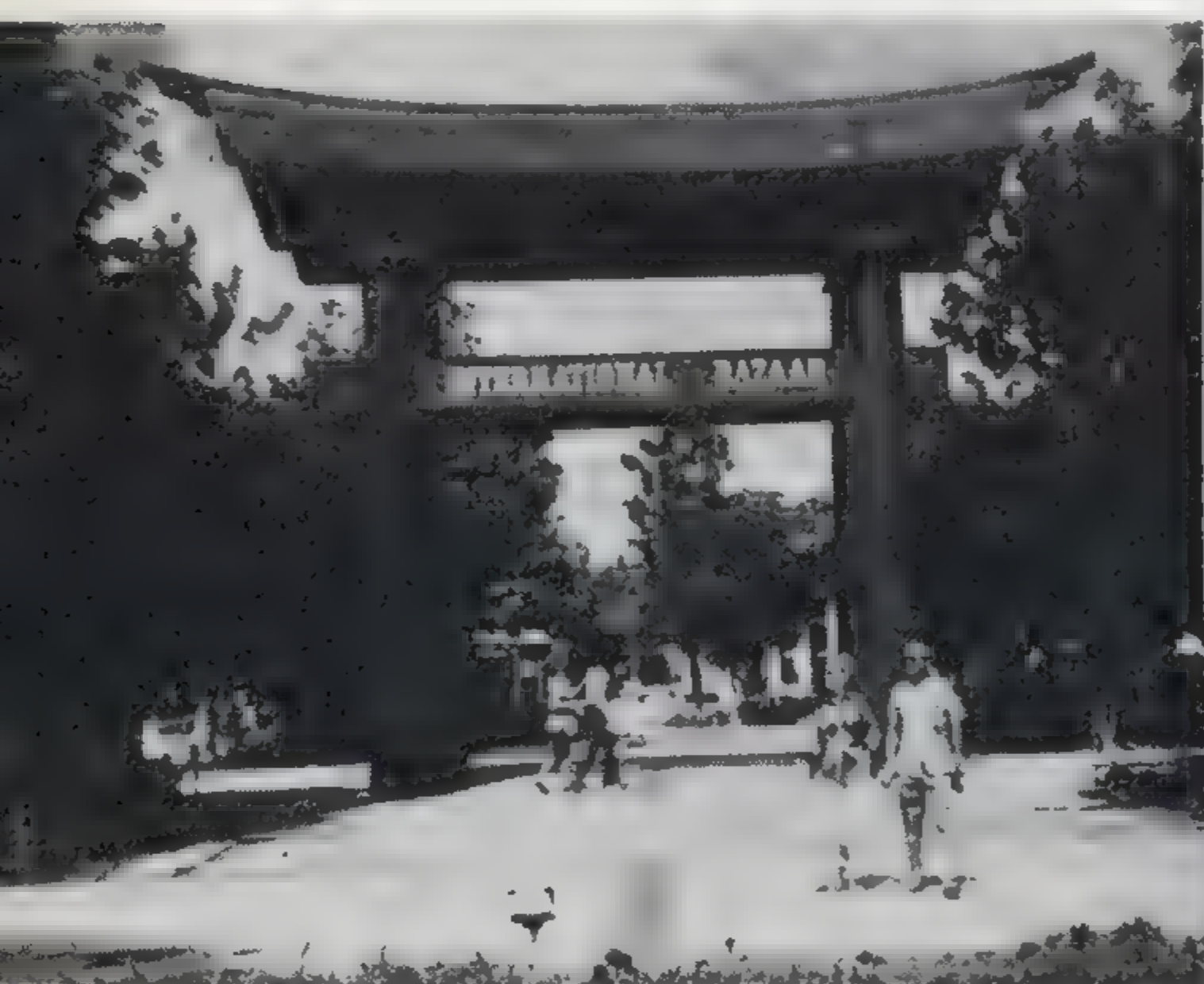


The transparent seas that whisper over toasted-sand beaches, often give up their secrets of sunken treasure, once enroute to Spain. After a run through the whitecaps and an afternoon of surfing or tennis, pause to clink glasses with friends and absorb the Indian legend that Lucaya is the bride of the gods.

Rising from the sea on horseback, a new-world Venus in a brown maillot with clustered water lilies, from JM's Sun and Surf Shop collections.

By Gottex of Israel, 48.00

In the background, a matching caftan, \$104, over halter bikini, 34.00



Jordan Marsh  
FLORIDA





## JORDAN MARSH ADDS FASHION ADVENTURE TO YOUR HOLIDAY IN LUCAYA...

On a fun-loving resort island where you can tryst with Lady Luck in El Casino 24 hours of the day, see professional stage shows or just unwind in a hammock, stirred by a wayward tradewind. And always there are the warm sun and the seaspray to feel, the shore to explore and JM's surf clothes to slither into and tie on.

Cole of California does a sensuous Rain Forest group striped in green and orange, and a black-background skirt with vivid tropical flowers. The bikini, 22.00, and skirt, 32.00. Matching striped maillot, 28.00

*Jordan Marsh*  
FLORIDA





# HAIR NOW

What you need to know  
about hats...good news from  
Washington...hair in the  
sun...Halston designs wigs...



## RESORT



It's time to start thinking about **managing your hair** as you shift from the chill of winter to a suddenly steamy, hot climate. First, always **remember protection**—sun is as damaging to hair as it is to skin. Next, for **easy-care looks**, try Rick Gillette's style, left. "I pull the entire top hair back, holding it with a very secure, flat barrette. It's important to get the sides as sleek as possible; otherwise it looks old-fashioned."

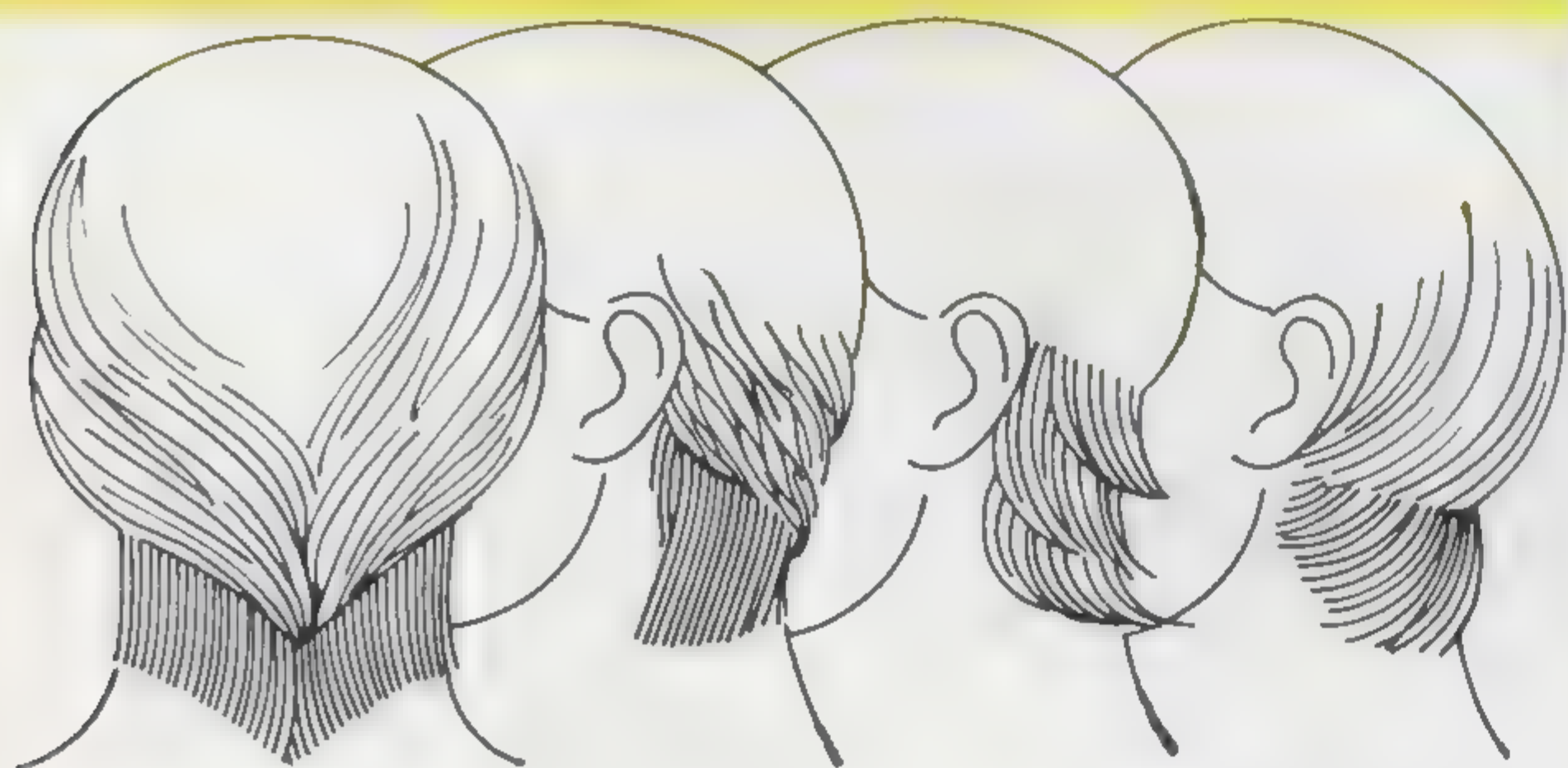
Howard Fugler of Vidal Sassoon thinks **combs are wonderful tools** for warm-weather styles, see hair top right. "The important thing," he warns, "is to put the comb in only once—don't struggle with it or you'll look too 'done.' Just comb hair in the direction you want it to go and slip in the comb. My favorite kind is single-toothed tortoise." Right: styled in Paris by Laurent Gaudefroy, the key length of hair this season, held in place with Saint Laurent's spiral gold clip.



QUITE POSSIBLY THE MOST STRIKING NEW SALON ALONG NEW YORK'S MADISON AVENUE IS DAVIAN. DESIGNER WILLIAM F. POLITO HAS USED BEIGE AND GREY MARBLE, OAK AND BROWN LEATHER TO COME UP WITH A RICHLY MODERN, LUXURIOUS WORKING SPACE. BEST OF ALL, PRACTICALITY WAS NOT FORGOTTEN—THE HAIRCOLORING IS ALWAYS DONE IN NATURAL LIGHT.



### THE RETURN OF THE NAPE



MARTHA VOUTAS

For years, it seemed we had forgotten that the nape of the neck was ever considered an erogenous zone, hidden as it had become by masses of hair. Now, the nape is regaining its importance—witness the sketches, left, inspired by Alexandre's variations on new cuts. Napes crop up in London, too—"the Bite," above, at Michaeljohn.

3. Straw was a favorite at Karl Lagerfeld. Here, a **straw visor** with a crêpe de Chine scarf knotted over.



### HAT NEWS FROM PARIS

This year may be the year you **decide to wear a hat**. Here, a few of our favorites seen at the spring/summer '76 ready-to-wear collections. . . . 1. Sonia Rykiel's charming café-au-lait stitched **wool jersey** hat. These were color-matched to sweaters. 2. From Dorothée Bis, a cotton camp hat with a stitched brim—**white cotton** was the big favorite there. 4. Karl Lagerfeld for Chloë showed **straw** hats toned from butterscotch to natural, always with patterned silk ribbons around the crown—here, brim turned up and edged with lacy straw. 5. At Saint Laurent, a bright **periwinkle cotton** turban—he also showed one in **gold lamé**! 6. Again at Saint Laurent, his white cotton sailor hat showed atop all pretty day dresses.



MARY RUSSELL

### FREE HAIR



We were fortunate recently to spend a few moments with Dina Azzolini, Milan's great hairdresser, left, on her way back from a few weeks of consultations and cuttings at Neiman-Marcus. Dina believes in free hair. . . . "When a woman with long hair has it cut, even her gestures change—she runs her fingers through her hair, fluffs it instead of patting it into place, smoothing it down. Shorter hair even gives her a whole new way of walking. I **make people feel the hair they have on their heads.**"

CONTINUED ON PAGE 26



# "Splits, breaks, frazzles are your hair's way of telling you it needs 30 minutes with condition\*."

*Michael Modlin*  
Bergdorf Goodman Salon

"It's very easy to damage your hair. You can cause it to split, break and frazzle just by doing the things that make your hair beautiful—brushing, combing, perming, setting.

You see, all those normal things you do to your hair break down its protective coating—called the cuticle. The hair gets weak, dull and worn out, and it lets you know by splitting, breaking and frazzling.

And once hair is split, broken and frazzled, it's vulnerable—to even *more* splits, breaks and frazzles.

That's why I use condition\*, the 30-minute treatment.

condition\* is specially formulated for damaged hair. Its protein-rich formula sinks into the hair shaft, seeking out the damage. It fills in the empty spots, to help restore lost body.

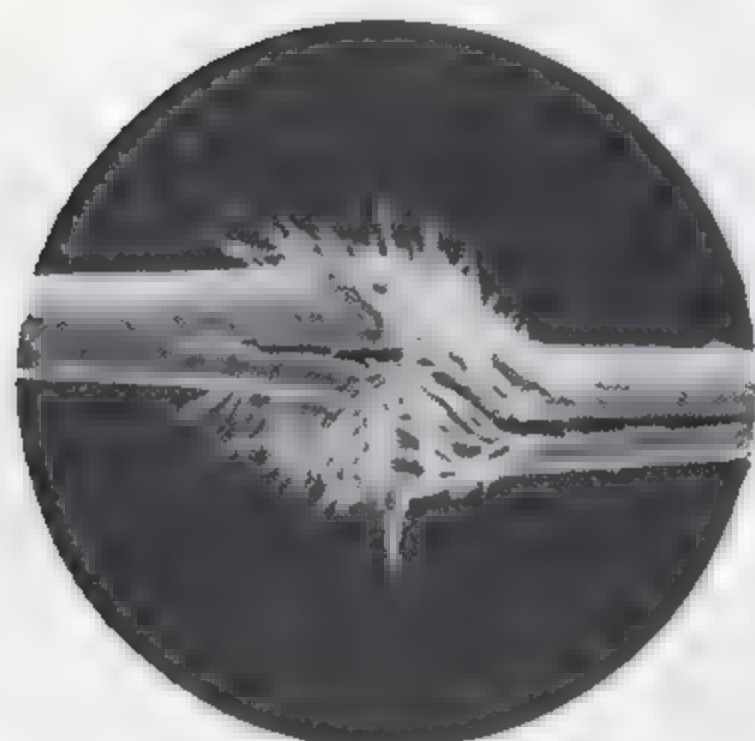
And condition\* actually smoothes down the roughed up

cuticle, so it helps prevent further damage.

Helps prevent any more splitting, breaking, frazzling.



**A split.**



**A break.**



**A frazzle.**



**It takes 30 minutes—good things take time.**

At the same time, condition\* gives hair fullness and bounce, plus a great, glossy shine.

Now, I can think of less expensive conditioners. And I can think of faster conditioners. But there's nothing like condition\*.

If you want your hair to look really good and healthy, remember that good things take time."

**condition\***

The 30-minute treatment for mistreated hair.





Now, in 22 lovely colors you can give your nails the protection they need to grow long and beautiful.



*Sally Hansen*  
**HARD as NAILS**  
with NYLON

## Sleek good looks on the go



BILL CUNNINGHAM



### HALSTON

That magic name in fashion can now be found on Action-wear wigs of Monsanto fiber—simple, clean, and uncluttered: the Halston signature. At Lord & Taylor.

## CUT WITH CARE

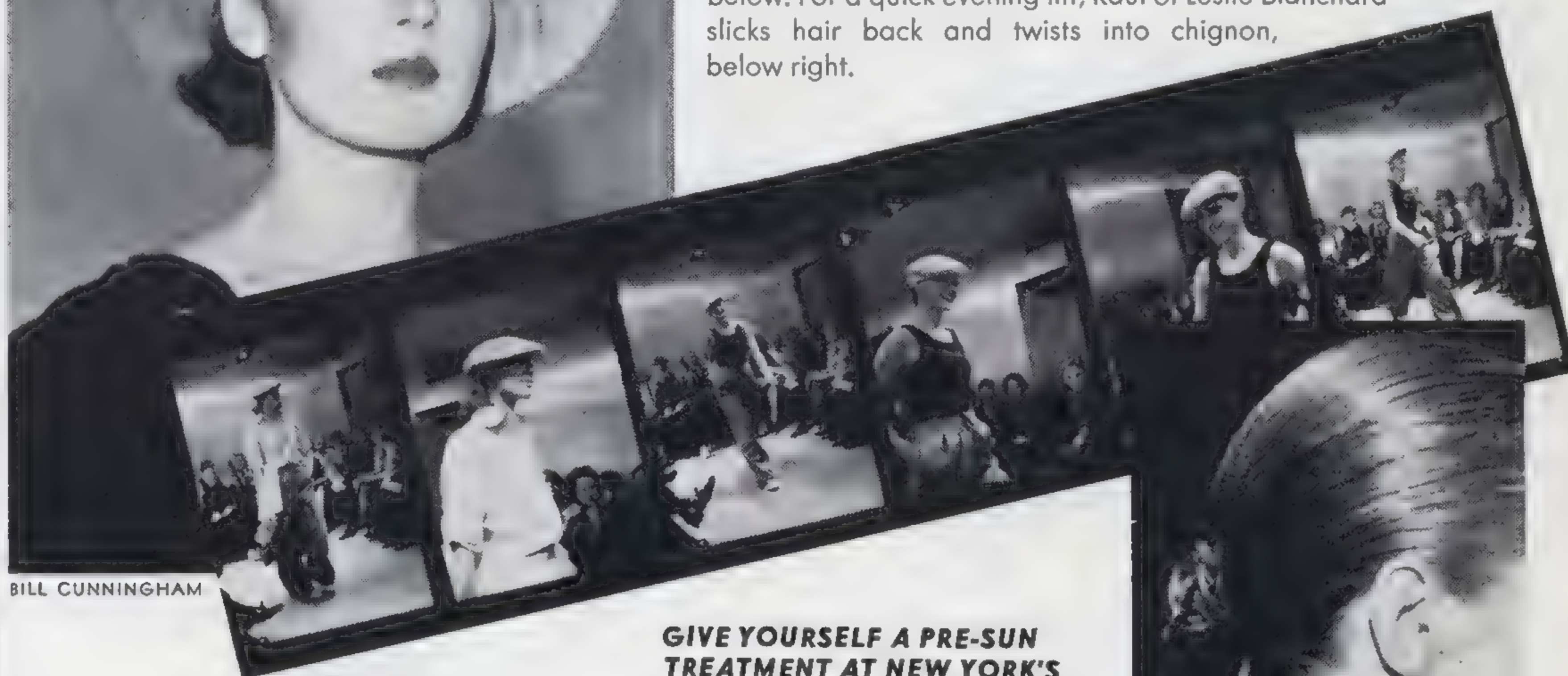
From our Washington, D.C., correspondent: "Sylvain of Mathew and Sylvain—whose clients include Cathy Douglas, Marion Javits, Susan Ford, and Sheila Weidenfeld—is a master cutter. He cuts hair to enhance the face and gives each customer a style that is easy to keep by herself. (I was so impressed with him that I let him chop off all my hair on the spur of the moment and I love it!) He's anxious to educate each customer in improving herself . . . by being realistic. Henna highlighting is his specialty. . .".



## PROTECTION

Last summer it was the rage of Paris—Phyto Plage, left, a sun-care lotion containing seven herbs to protect hair from heat, salt, water, or chlorine. Available for \$6, postpaid, from Laboratories SOLBA, 99 rue du Faubourg Saint Honoré, 75008 Paris, France.

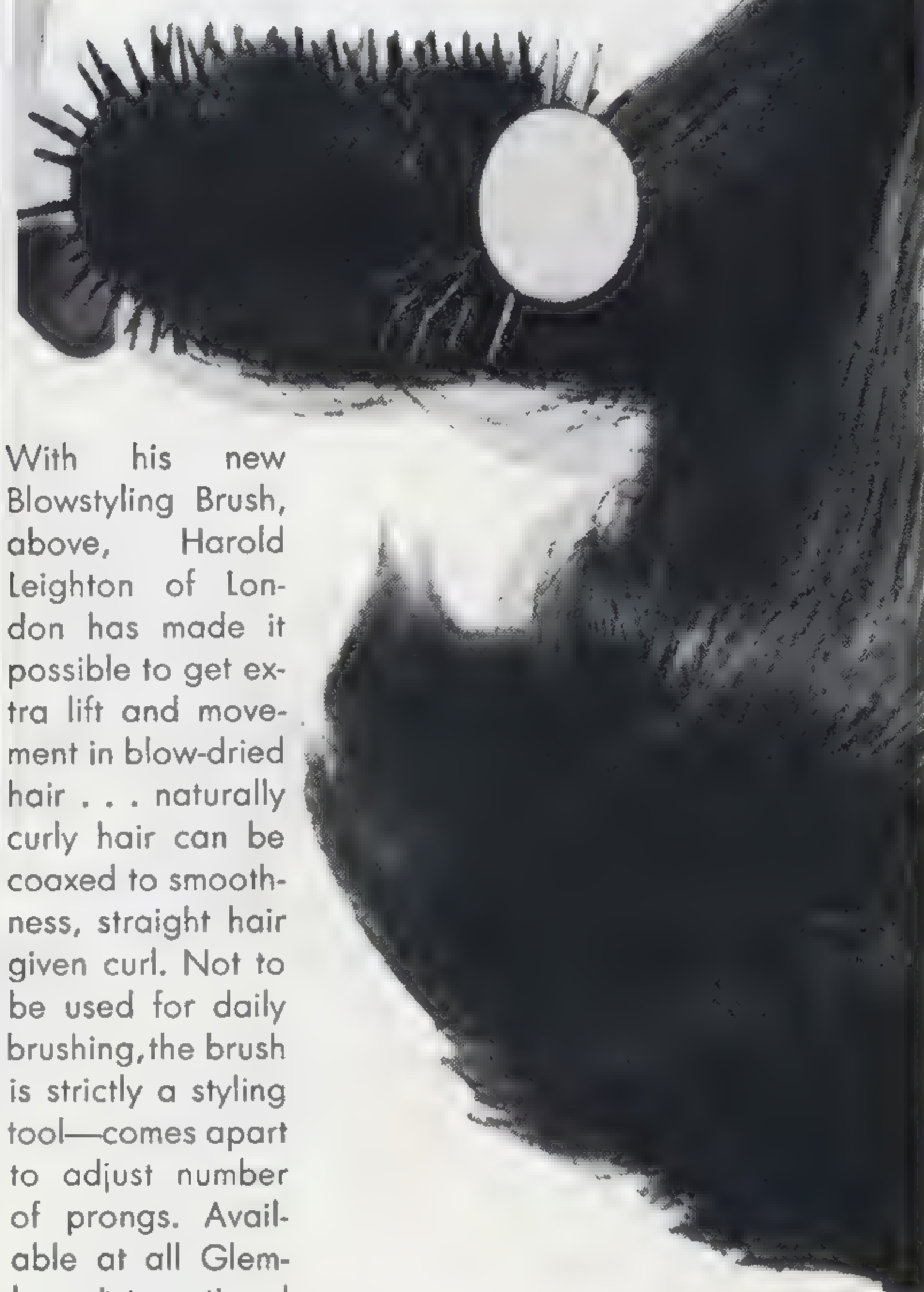
When you have a hectic schedule, the big question is: how to get good looks fast. One great way is to simplify your hair routine by using cover-ups or styling techniques to revive hair when there's no time for shampoo or set. Cover-ups have lost their old, negative connotation—in fact, the Maurice Tannenbaum Salon in Bala Cynwyd, Pennsylvania is doing a thriving business in scarf-wrapping heads for gala evenings. A simpler solution could be a wide-brimmed natural straw hat like the one at left from Geoffrey Beene . . . or try one of his flannel caps, below. For a quick evening lift, Raul of Leslie Blanchard slicks hair back and twists into chignon, below right.



**GIVE YOURSELF A PRE-SUN TREATMENT AT NEW YORK'S PIERRE MICHEL COIFFURES/HAIR CARE CLINIC . . . NOW AVAILABLE, THE RENE FÜRTERER ORGANIC BAIN DE PLANTES MUD BATH FOR HAIR . . . GIVES BODY, CONDITIONS, PROVIDES PROTECTION FROM HEAT BY A COATING ACTION THAT SHIELDS EVERY STRAND.**



## NEW CONCEPT BRUSH



With his new Blowstyling Brush, above, Harold Leighton of London has made it possible to get extra lift and movement in blow-dried hair . . . naturally curly hair can be coaxed to smoothness, straight hair given curl. Not to be used for daily brushing, the brush is strictly a styling tool—comes apart to adjust number of prongs. Available at all Glemby International Salons.



# Madame Jovan. What you do with it is your affair.



She sends her wordless message. ❖ So subtly, so discreetly. ❖ And yet, Monsieur will understand. ❖ For it is the unmistakable message of love. ❖ As exciting as a forbidden rendezvous. ❖ As intimate as the firelight in her boudoir. ❖ As sophisticated as the lady herself.

Classically French, Madame is a blend of the world's finest flowers. ❖ To be enjoyed from dawn to dusk to dawn. ❖ This is the compelling message of Madame Jovan. ❖ And why no man has ever failed to respond.

Madame  
Jovan  
eau de cologne

Madame in Perfume, Eau de Cologne, Fragrant Toilet, Bathing, Hair Oil, and Gift Sets  
Available at select stores. Jovan, Inc., 875 North Michigan Ave., Chicago, Illinois 60611



# Lilly follows the sun to Waiakea Resort Village

Pack up a wardrobe of carefree Lillys and head for the Big Island of Hawaii, where just five minutes from the Hilo airport, you'll find Waiakea Resort Village. This unique resort creation by Brewer Resorts-Hawaii will be your starting point for fabulous island sightseeing — from volcanoes to tropical forests and gigantic waterfalls. Waiakea is also a center of activity — shopping, swimming, tennis, shuffleboard, with boating, fishing and 18-hole golf courses nearby. After a gracious welcome, cool off at the pool and have a relaxing drink at the open air Ohana Bar or the E Kipa Mai Lounge overlooking the lagoon. Dine to soothing Hawaiian music in the elegant Kupuna Room...and then join the young-at-heart in the Sake Bar for dancing. For every change of mood, there's a change of fashion pace with Lilly's easygoing prints — cool and colorful by day, romantic by night.

*Lilly Pulitzer*

PALM BEACH, FLA. • BLOOMFIELD HILLS, MICH. • BOCA RATON, FLA. • BRYN MAWR, PA. • EDGARTOWN, MASS. HOUSTON, TEX. • LA JOLLA, CALIF. • LAKE FOREST, ILL. MEMPHIS, TENN. • NAPLES, FLA. • NEW ORLEANS, LA. NEWPORT, R. I. • NORTHEAST HARBOR, ME. • ORLEANS, MASS. OSTERVILLE, MASS. • PALM DESERT, CALIF. • PAWLEY'S IS., S.C. • PETOSKEY, MICH. • PHOENIX, ARIZ. • SARASOTA, FLA. • SOUTHAMPTON, N.Y. • WATCH HILL, R.I.







Lounge beside the Waiakea pool.



Lush tree ferns bank a hillside at Waiakea.



Orchids bloom in Waiakea gardens.







The littlest hula dancer, in a muu muu.



Top tennis, pro and pro shop, at Waiakea.



Waiakea Lagoon's waterways wind through tropical gardens.







# Lilly follows the sun to Waiakea Resort Village

Built like a Polynesian village, with low rambling buildings, this vacation paradise is set amidst waterways and lush tropical gardens. Winding paths invite exploration through the village, along Waiakea's Lagoon, to Waiakea's Marketplace. Explore the colorful open-air shops stocked with treasures from Asia and the Pacific. Then treat yourself to exotic pineapple or macadamia nut ice cream, at the Marketplace snack shop, Fruit of the Land. From Waiakea, visit Hilo's museums, orchid gardens and flower farms, ancient Hawaiian landmarks and historic sights, and dramatic Volcanoes National Park, returning after a day's adventure to the magical South Seas village feeling of Waiakea. Right in tune with the mood of the island and the resort itself — Lilly's free-spirited fashions in colors that echo the sea, sun, flowers, and brightly plumed birds — all part of the easy life of Waiakea.

Polynesian luxury, the feeling of a magic island, at Waiakea Resort Village.



*Lilly Pulitzer*

PALM BEACH, FLA. • BLOOMFIELD HILLS, MICH. • BOCA RATON, FLA. • BRYN MAWR, PA. • EDGARTOWN, MASS. • HOUSTON, TEX. • LA JOLLA, CALIF. • LAKE FOREST, ILL. • MEMPHIS, TENN. • NAPLES, FLA. • NEW ORLEANS, LA. • NEWPORT, R. I. • NORTHEAST HARBOR, ME. • ORLEANS, MASS. • OSTERVILLE, MASS. • PALM DESERT, CALIF. • PAWLEY'S IS., S.C. • PETOSKEY, MICH. • PHOENIX, ARIZ. • SARASOTA, FLA. • SOUTHAMPTON, N.Y. • WATCH HILL, R.I.

FREE LILLY CATALOG: MAIL ORDER DEPT.,  
2901 N.W. 34TH ST., MIAMI, FLA. 33412



**Cancer** June 22-July 22

The month provides good opportunities for you to expand your activity or to enlarge your knowledge in a special field. Be alert. Don't overlook a new chance that a positive Uranus influence will bring along. Get rid of obligations or problems with authorities, and don't do anything that could harm your financial situation. With a still critical Jupiter influence, you

must be very careful and correct in fulfilling requirements and regulations. Be aware of some difficulties on the 8th-9th and 22nd-23rd. On the 1st-2nd and 28th-30th, you must change course in order not to complicate matters. Favorable days for love and for your private life are the 6th-7th and 24th-25th. **My advice:** Try to avoid trouble in your emotional life at the end of the month.

**Leo** July 23-August 23

Excellent Venus aspects make for a fascinating month, with love as the center of your life. Optimism and charm increase your success, but Mercury warns you to be sensible and patient. It is not yet the moment to demand too much. Be diplomatic on the 3rd-5th and on the 31st. Private matters should in no way influence your work. Show your competence on the

11th-12th and 24th-25th when discussing a subject that you know well. It is important to cut a good figure; nothing should be amiss. Extra earnings may be possible from a speculative enterprise; many Leos will make advantageous contacts. Propitious days are the 8th-9th and 26th-27th. **My advice:** Don't underestimate an encounter; it will prove to be most important for the future.

**Virgo** August 24-September 23

Happenings this month require your full attention. Your sentimental life may become complicated, but don't get into an emotional state. Stay optimistic: during the last four days of the month everything will be settled again. Don't mix your private life with work, and concentrate on your duties. There is no reason to be depressed. Avoid discussions on the

13th-14th and 26th-27th, which are very tricky days. A friend may be unreliable, but don't show your disappointment, and try to ignore it. You will get unexpected help on the 1st-2nd and 11th-12th; good news comes on the 28th-30th. **My advice:** Your health is not at its best and you shouldn't overstrain yourself. What you want is a restful winter holiday.

**Libra** September 24-October 23

You begin the New Year with astonishing energy and determination. Travel, new contacts, and correspondence will bring you success; your spirit is revived through working. Make your budget carefully: the situation is not yet stable, although it may give you a certain satisfaction. Legal and contractual questions should be avoided or settled in a friendly

way. Put some money aside in case you should need it in the coming months. You are sold on the idea of making big money quickly, but don't exaggerate and go slowly, especially on critical days—the 1st-2nd, 15th-17th, and 28th-30th. Happy hours in your sentimental life occur on the 3rd-5th and 13th-14th. **My advice:** Try to resolve problems arising on the 26th-31st. (Continued on page 43)

# There's a little Eve in every woman.

Try today's Eve.  
Flowers on the outside.  
Flavor on the inside.



Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

Eve Filter and Menthol: 18mg. "tar," 1.3mg. nicotine av. per cigarette by FTC Method



## TIP-OFFS

What to see, read, listen to, and watch for

## movies

BY REX REED

## ★★★★ The Hiding Place

I don't know where you'll find this extraordinary film, since it was made independently of Hollywood-studio financing with aid from Billy Graham's Evangelistic Association, but it will be popping up. My advice is to seek it out for a rare, touching experience that just might revive your faith in humanity. Everything in it is true, which makes it all the more incredible.

Julie Harris and a wonderful newcomer named Jeannette Clift play spinster sisters who make watches and hold Bible classes for retarded children in Haarlem, Holland. It is 1940, and the Nazi menace is sweeping Europe like a strumpet wind. Sickened by the persecution of their Jewish friends and neighbors, the Ten Boom sisters hide their friends Anne Frank-style in a concealed attic room of their clock shop, shelter Jewish children, warn others of danger through deportation lists provided by Gestapo informers, and turn their house into a shelter people called "God's underground." For their dedication to human charity, the Ten Booms are sent to a concentration camp.

The horrors of Ravensbrück are more than some viewers will be able to stand, but the intention of the film is not to insert extraneous atrocities for cheap exploitive value. The ensuing years of disease, torture, and inhuman cruelty are a testament to the sisters' unflagging strength and courage. Religious faith seems a weak consolation for what they were forced to endure; yet the film, like Corrie Ten Boom's best-selling autobiography upon which it is based, is a hymn to the kind of galvanizing inner perseverance that kept them from going mad. "No pit is so deep that God is not deeper

still," the sisters chanted in the darkness of Hell. It's a lesson many can benefit from.

The film is beautifully made, technically admirable in every department, directed by James Collier with a richness of detail and triumphantly acted by a radiant cast. You can read about six million martyrs marching to the ovens, but when it happens to Julie Harris it simply tears your heart out. There is nothing corny or sentimental about the way *The Hiding Place* plays on your heart-strings. It's the kind of film you couldn't knock even if it was maudlin; its heart is in the right place. But it is better than that, a turbulent tapestry of the war years in Holland and of the private moments spent by a myriad of people trying to survive them with dignity. The film, like the valiant Ten Booms who lived it, seems Divinely inspired. What a genuine pleasure to see a movie about the affirmation of life instead of the denigration of life.

This is a powerful, rewarding cinematic experience; and to everyone who devoted so much time and effort in making it so, my humble but sincere applause.

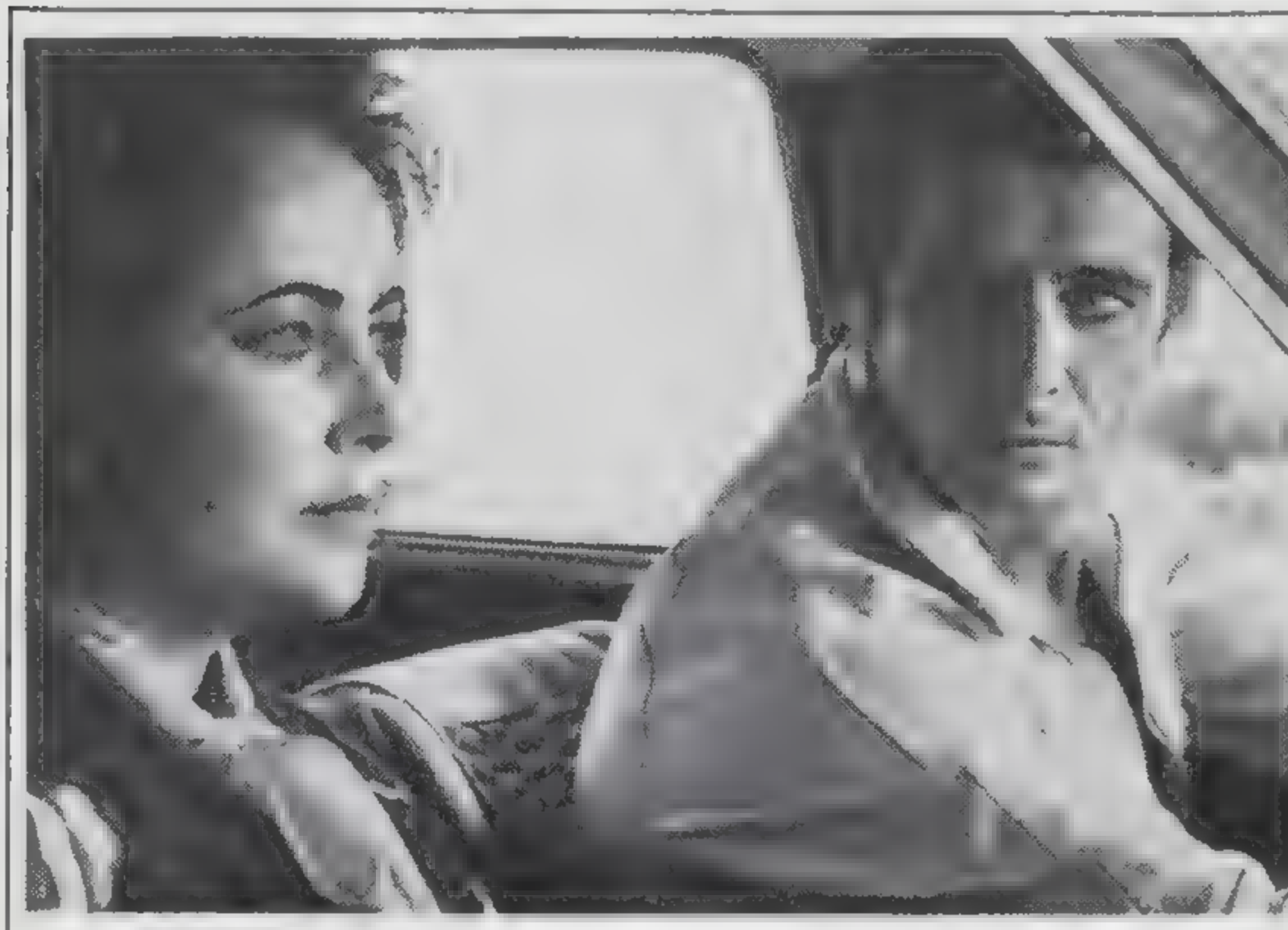
## ★★★★ The Driver's Seat

Muriel Spark's stark, shattering novel about an eccentric woman searching for the right kind of man to murder her to put an end to her schizophrenia comes intensely to the screen with the directness of a stare. The effect is as subtle as a laser beam, and Elizabeth Taylor plays her role like a honeybee beating its wings against the walls of a Mason-jar prison. This is a strange, morbid but ultimately fascinating psychological study of a woman going mad that provides a durable star with her most colorful and demanding role in years. She meets the challenge with imperial efficiency.

From the opening scene, when Miss Taylor flies into a fury in a dress shop because the saleswoman promises her the selection she has made is stain-resistant, there

are evidences along the way that here is a tortured character on the verge of something terrifying. But Giuseppe Patroni Griffi's direction is cleverly structured, alternating glimpses of the heroine's daily activities with police interrogations of the people she meets in her bizarre encounters, so you don't really know if you are watching flashbacks or flash-forwards until the denouement.

There is some indication that the woman has had a breakdown and needs a holiday. She flies to Rome, where both a terrorist and Andy Warhol are loose in the air-



Elizabeth Taylor, with Guido Mannari, starring as a woman hurtling toward madness in a film of Muriel Spark's novel "The Driver's Seat." Andy Warhol plays his first screen role.

port. She is picked up by a neurotic businessman who needs an orgasm a day to meet the requirements of his macrobiotic diet. She is nearly raped by a garage mechanic. Sharing a taxi with an elderly lady, she hides her passport behind the seat for safe-keeping, then starts giving her possessions away as though in preparation for some final act of ominous annihilation.

The film drives to its horrifying finale washed in white light, accenting her descent into madness; and, in her hideous, clashing banana-split dress, with her hair in wild disarray, carrying a tacky plastic shopping bag, Elizabeth Taylor allows the camera to search out her darting flight into insanity with penetrating self-assurance. With dark-blue circles around her eyes and raspberry-tinted sunglasses, she imaginatively disfigures herself for art. Some viewers will sneer (is the trip worth the effort?); but, for my money, it's never a bore to see an often-maligned talent at the top of her form.

## ★★ Leadbelly

Gordon Parks's pleasant, entertaining biography of famous Black songwriter Huddie Ledbetter, centering largely on his rough life, misfortunes, and the regrettable temper that landed him in prison.

In the hands of a less responsible filmmaker, Leadbelly's saga might have been just another tale of a poor, downtrodden Sambo butting his head against "The Man"; but it just didn't happen that way, and Parks avoids Black clichés as if they were recruiting

slogans for the Ku Klux Klan. (Too bad he didn't also avoid showing the whites in prison-guard assignments as stereotypical pot-bellied crackers.)

Still, there are the Leadbelly ballads ("Goodnight, Irene," "Cotton Fields Back Home," etc.) that infuse the film with a lyrical air matched nicely by Bruce Surtees' poetic camerawork and the strong beauty of a title-role performance by Roger E. Mosley—a moon-faced panda with dancing eyes and a plaintive smile. His Leadbelly is a successful blend of gentility, violence,

and pride.

Not a great movie, but there's more meaning and truth for Blacks here than *Mahogany* had in one of its lime-green sequined fake fingernails. Berry Gordy and the muscleheads at Motown, eat your hearts out.

## books

BY ALLENE TALMEY

## ★★★★ Presidential Style:

*Some Giants and a Pygmy in the White House*, by Samuel and Dorothy Rosenman (Harper & Row). Right off, the giants of the twentieth century are Theodore Roosevelt, Woodrow Wilson, Franklin Delano Roosevelt, and Harry S. Truman; the pygmy, the miserable Warren G. Harding. How these five Presidents exercised their powers, the way they worked, their style with Congress, the Cabinet, the country, foreign powers, wars is the point of this riveting book. Style is as revealing as nakedness.

Although much of the book depends on exacting research and political judgment, two of the chapters show special knowledge, for Samuel I. Rosenman had been Special Counsel to Presidents Franklin D. Roosevelt and Harry S. Truman as well as their influential adviser. (At one period he was a New York State Supreme Court Justice.) After Judge Rosenman died in June, 1973, Mrs. Rosenman, who had worked on the book with him, (Continued on page 34)





## AN ORDINARY DOG IN AMERICA EATS BETTER THAN SHE DOES.

Cristina eats whatever she can find in the garbage. And that is far less than some prowling dog would find in your garbage can.

For just \$15 a month, you can save such a child.

Through our Children, Inc. "Adoption" program you can help provide a child with a better diet, new clothes and medical attention. Even an education.

But there's not a moment to lose. Every 60 seconds, five or six more children will die from starvation.

Write direct to Mrs. Jeanne Clarke Wood, Children, Incorporated, Box 5381, Dept. V01H, Richmond, Va. 23220.

I wish to "adopt" a boy ☐ girl ☐ in \_\_\_\_\_  
Name of Country

I will pay \$15 a month (\$180 a year). Enclosed is my gift for ☐ a full year ☐ the first month. Please send me the child's name, story, address and picture.

I understand that I can correspond with my child, and continue the "adoption" longer than one year if I wish.

☐ I cannot "adopt" a child, but want to help \$ \_\_\_\_\_.

☐ Or, I will pledge \$ \_\_\_\_\_ per month.

☐ Please send me further information.

☐ If for a group, please specify \_\_\_\_\_  
Church, Class, Club, School, Business, etc.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

You can "adopt" a child from any of the following countries: Argentina, Bolivia, Chile, Colombia, Dominican Republic, El Salvador, France, Guatemala, Honduras, Hong Kong, India, Iran, Japan, Jordan, Kenya, Korea, Lebanon, Mexico, Nicaragua, Paraguay, Peru, Sri Lanka (Ceylon), Syria, Thailand, Uganda, U.S.A. — Appalachian children or American Indians. (Or a child of greatest need.) U.S. gifts are fully tax deductible.

### CHILDREN, INCORPORATED

## Vogue Tip-Offs

CONTINUED FROM PAGE 33

finished the writing and editing. Now we have the pleasure of a history of Presidential craftsmanship that shows how these five men were crafty, odd, graceful, and remarkable—especially Harding, who never knew what the hell was going on.

The chapter on Woodrow Wilson begins: "Gentlemen; a toast: I give you the Governor of the State of New Jersey, Woodrow Wilson—a liar and an ingrate." That speaker at a small, private dinner party was the extraordinarily powerful chairman of the Democratic State Committee, who had found to his disgust that he could not control the new man, an amateur in politics.

Tumultuous, easy, brilliantly conceived and carried out, flowered with anecdotes, often personal to the authors, *Presidential Style* is a ribboned present.

### ★★ An Almanac of Words at Play

By Willard R. Espy (Clarkson N. Potter). This delectable book about words is not at all for those who are still hung up on when to use *infer* or *imply*. A daily calendar with chunks of fun, it brings around new flippancies and old pleasures. Stephen Leacock, that miraculous old Canadian professor, once wrote, Espy records: "Just think of it, a hundred years ago there were no bacilli, no ptomaine poisoning, no diphtheria, no appendicitis . . . these we owe to medical science. Even such things as psoriasis and peritonitis and trypanosomiasis, which are now household names, were known only to the few and were quite beyond the reach of the great mass of the people."

Espy does things with schizoid words, grammar, metaphors, d'lect, good bad verse, Little Moron and Little Audrey, random rhymes, logic, graffiti, and dozens more, including clerihews, puns, English-American, and Last Words. Dominique Bonhours, the grammarian, shoved off saying: "I am about to—or I am going to—die; either expression is used." Not Fowler, not Strunk and White, just tickling.

### ★ Earthsound

By Arthur Herzog (Simon and Schuster). For epicures of catastrophe, this novel is a quarter pound of truffles. Into one bargain cave, Herzog has adroitly shoved suspense, deduction, adultery, the Patty Hearst case (a slight detour), religious nuts, and a lonely Rhode Island peninsula subject to creeping earth accidents; then an earthquake with a magnitude of five or six on the Richter scale. I love it—not the

quake—which is no better in New England than on the West Coast—but the clues, the lovely clues, the vocabulary of seismology, the threat of tsunami. A walk through the Yellow Pages of disaster.

## art

BY BARBARA ROSE

### ★★★ Reviving the Revival

"What goes up must come down," the old saying goes. And so it seems at New York's Museum of Modern Art, where the current exhibition of "The Architecture of the École des Beaux-Arts" seems a surprise reaction the museum is having against its own role as champion of the streamlined International Style, which did away with all the colonnades, entablatures, ornament, and froufrou of the *fin-de-siècle* Beaux-Arts style.

Bastion of traditional methods and forms, the highly influential Beaux-Arts looked back not forward for inspiration, reviving both Gothic and ancient architectural designs. A favorite assignment for Beaux-Arts students: to draw reconstructions of ancient ruins, temples, coliseums, etc. The procedure of making full-scale, elaborately detailed drawings as opposed to the contemporary practice of working from scale models meant that nineteenth-century architects thought about building differently and had a different set of priorities from those of modern architects. In their enthusiasm for "functionalism" the modernists turned their backs on many of the Beaux-Arts ideas regarding elegance and symbolic pomp.

The MOMA exhibition, organized by Arthur Drexler, director of the department of architecture and design, is illuminating and visually stunning. But, the show leaves one with the decided impression that the once-vanguard MOMA has made a full circle: once a tradition-breaker, now the museum leads the new conservatism that delights in nostalgic revivals of more reasonable times when discipline, rules, and order reigned. We might have expected such a reaction against the excesses of permissive pseudo-vanguardism; we can hope that the next step is some happy balance between Beaux-Arts rigor (too often accompanied by *mortis*) and Bauhaus reductionism. Less may not be more, but too much is still too much.

(Continued on page 39)





# KERASTASE

FOR THE PERSONAL CARE OF YOUR HAIR

Nobody in the world has hair exactly like yours.  
And nobody knows that better than a Kerastase stylist.

He'll recommend the right hair care for you from 9  
extremely effective Kerastase hair baths and  
treatments. Each one scientifically created to help correct  
specific hair problems, and to protect healthy hair.

Kerastase was perfected in the French laboratories of  
L'Oreal. It has been thoroughly tested and proven by  
millions of European women for the past ten years.

Simple, fast, effective, Kerastase brings you  
remarkable results you can actually see and feel.

And now, it's available to you at select beauty salons.

**Hasn't your hair stylist told you about Kerastase?**

**KERASTASE**  
  
MADE IN FRANCE BY  
LABORATORIES OF  
**L'OREAL®**



# MILO



## "The Swiss-inspired Cosmetic Invention"

MILO, a tradition in beauty-care among women in Europe and the Orient, has finally come to the United States.

The exclusive MILO lotion is rich and nourishing...containing biocatalyst of Placenta and good natural ingredients without hormones.

For best results, use MILO under your makeup or moisturizer, and at bed time. You'll discover large pores and dryness lines becoming less noticeable. With continued use, you'll enjoy smoother, healthier-looking skin. MILO is made and packaged in Switzerland.

3.2 oz. bottle—\$12.00. California residents add 6% sales tax.

Send check or money order to:

**MILOPA COSMETICS**  
15330 Whittfield Ave.  
Pacific Palisades, CA.  
90272



## Vogue Beauty Checkout

# Everything on eyebrows— an expert shows how to get the perfect shape for you

You've finally gotten *the right* haircut—and you're as adept as you ever will be at wielding a lip brush or mascara wand—yet your look is still unpolished—what's missing? It could be the shape or condition of your eyebrows.

We checked in with Nicholas Guercio at Diane Von Fürstenberg Salon, 681 Madison Ave., N.Y.C., to get specific tips on how to get your eyebrows to live up to the rest of your looks.

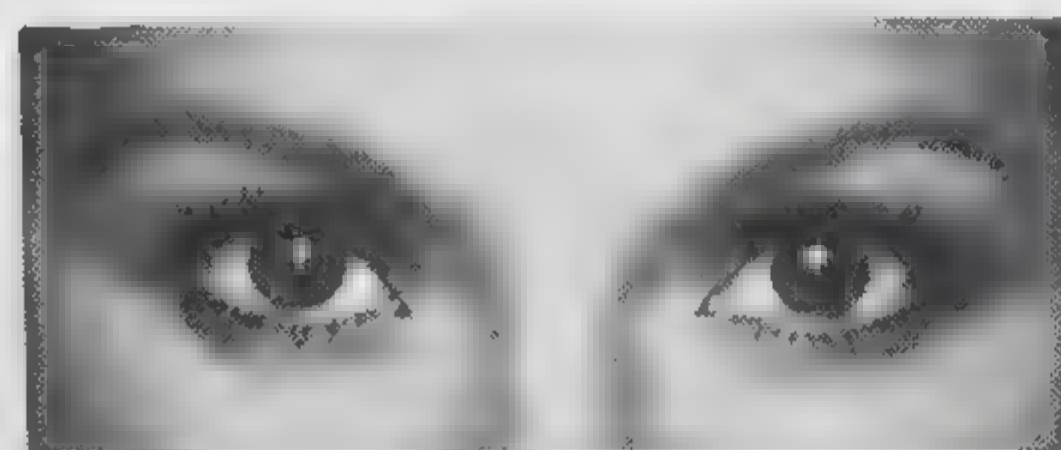


Margaux Hemingway's thick, dark eyebrows are all the eye makeup she needs. Brows create her "look."

An established makeup expert, Nicholas prefaces every makeup or makeup lesson with plucking, waxing, coaxing brows into shape. "If your eyebrows aren't right, your makeup will always look wrong," says Nicholas. "Brows are fluid shapes and should not anchor the eyes. With all the shading, contouring, coloring available in eye makeup today, brows can't be overgrown, can't be too much of a 'frame' or they'll spoil the artistry of the makeup."

First consideration: Are brows too dark? "Lightening the brows just the tiniest bit will automatically open up the face, give an instant lift to the rest of the features."

Second consideration: Are brows too thick? "Even the shortest brows will be lengthened visually if they are thinner. Some thick, dark eyebrows are a 'look' in themselves (Margaux Hemingway's, for example). If you wear them that way, you should avoid using too much shadow or liner and, specifically, avoid contour in the 'crease' as this can look like a second eyebrow."



Small, delicate features in a small face should not be overemphasized. Angie Dickinson keeps brows spare, eye color muted.

Third consideration: Are brows too arched? "Stylized brows look old to me. Most brows have a natural curve of the hair growth which should be followed, but not so that you look like a caricature."

Tips from Nicholas to make it all happen at home:

1. Visualize the space between your eyes as having the length of a third eye. Don't let hair grow into this area over the nose.
2. Place a piece of cardboard or paper over one eye, then the other. Brows will be individual, but should be balanced.
3. With each brow, also, balance the inner half to the outer half. A common mistake is to clear out the outer half of the brow, leave too much hair over the inner part of the eye. *The nose casts a natural shadow* in this area . . . all the more reason to clear it out.
4. Plucking is most efficiently done with a pair of hand-held tweezers that have a rounded point. This is for ease in sliding the tweezers in and out of brow, plucking only one hair at a time.



Using her eyes principally to communicate, Diahann Carroll wears deep colors around the eyes, de-emphasizes brows by keeping them narrow.

Slanted-tip tweezers and tweezers with a flat squared edge are liable to catch groupings of hairs giving you less control while shaping. Tweezers that have handles like scissors' give you next to no control.

5. Study which way your brow hairs grow. Above the nose, they grow vertically; over the eye, they grow horizontally . . . pluck in the respective direction. Practice



Cher's very prominent eyebrows are a part of her physical drama. Although thick, they are well balanced and polished to shine.

resting your tweezing hand on the "apple" of your cheek and using your wrist to slide tweezers in and out in a quick-pluck method—much less painful. (Never direct the point end of tweezers at your eye, hold them on the horizontal!) Remember that hairs near the nose grow more quickly than those near the temples, so tidy them up frequently.

6. Best time to pluck: after a shower when skin is softened. Do not apply creams or moisturizers to brow—this will only increase slip-factor. Check each day or two for stragglers. If you see a darkness near a plucked hair after only two days, it means you have missed pulling it out. It takes the follicle at least six days to produce another hair. Waxing may come in handy for the hard-to-see, too-fine-to-pluck hairs over the nose. Tweezing often just breaks these hairs without pulling them out.

7. Makeup is an illusion while eyebrows are a reality. Don't think you can short-cut the tweezing process by using a pasty cover-up. It won't work.



Liza Minnelli keeps her eyebrows perfectly shaped...even under the cover of bangs. Dark, glossy brows, luxurious lashes are her signature.

## FURTHERMORE...

One look we don't like to see is the eerie sans-any-eyebrow one. If nature cheated you out of your fair share of hair, or if you accidentally overplucked and they didn't grow back, you do need the help of brow pencils (not one line, one color please . . . a blend!). For brows, Princess Marcella Borghese has new dual pencils, coupled with an eyeliner at the other end, in three shades. For relieving yourself of all "goop" around the eye before you go to bed, Max Factor has the niftiest Eye Make-Up Remover Stick in a lipstick tube. It's super for smear removal all day long, too.



Photo: DUANE MICHALS    Photographed in Galveston, Texas



HARVE BENARD Resort.

A late American afternoon.

Whistling boy on bike.

Venetian memories.

Suit with feeling, ready for any affair.

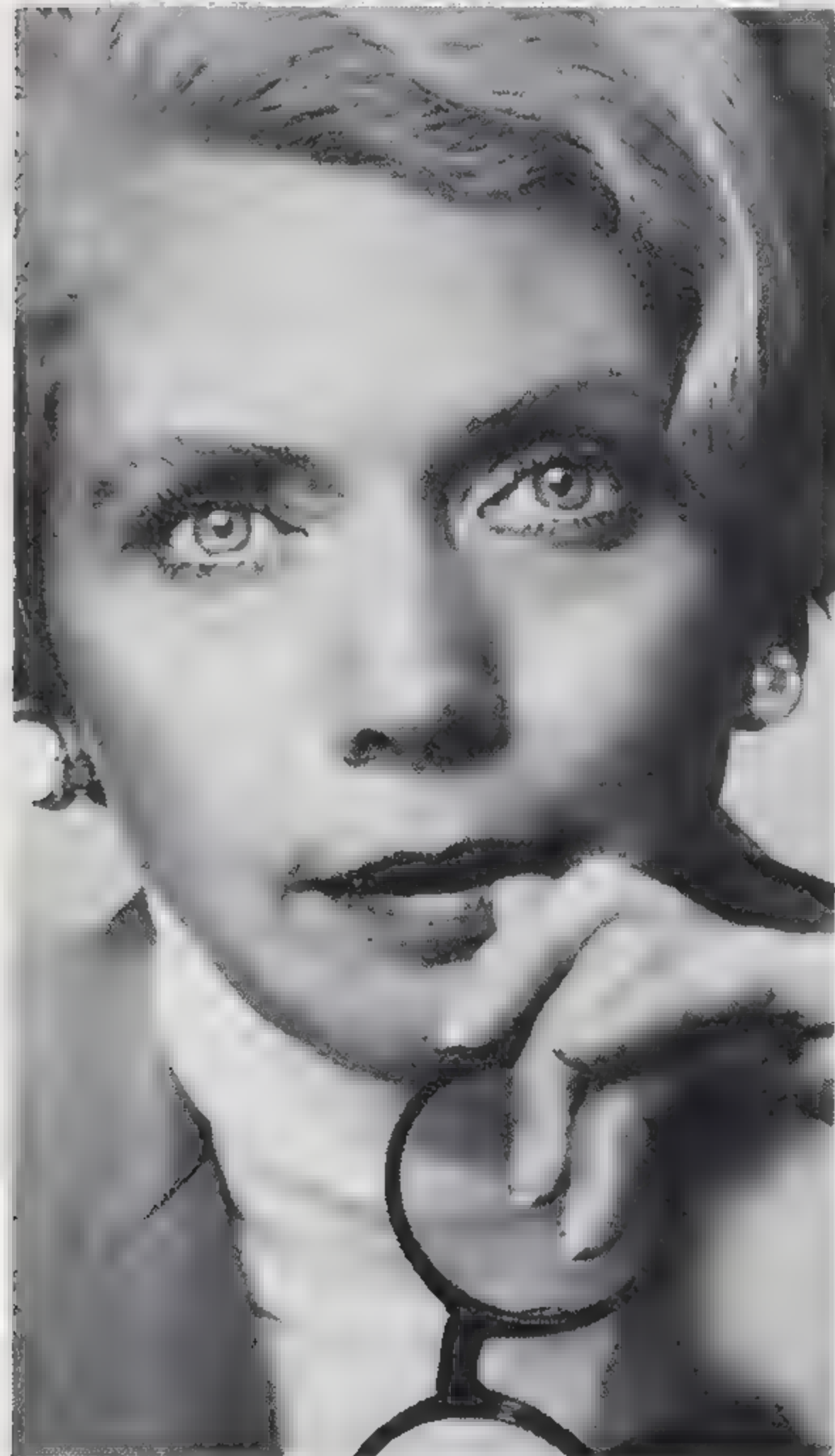
Wool, cotton crepe de Chine blouse.

White or navy, 6 to 14, 220.00.

**SAKOWITZ**  
HOUSTON AMARILLO SCOTTSDALE



# 5 QUESTIONS FOR A SMART WOMAN TO ASK HER STOCKBROKER.



1. What are the long-term forecasts for the cement industry?
2. Who is the Western Hemisphere's leading cement producer?
3. Is the home improvement retailing business continuing to improve?
4. What Fortune 500 company plays a key role in this business?
5. For how many years in a row has this same company paid a dividend?

Answers: (1) Very favorable (2) Lone Star Industries (3) Definitely (4) Lone Star Industries (5) 41

Lone Star Industries. Get to know us better. We're well-positioned to take advantage of the long-term favorable trends in our two principal activities: cement production and home improvement retailing. We call that being *in the right place at the right time*. Ask your stockbroker. Or for more information write to Lone Star Industries, Inc., Dept. 10, One Greenwich Plaza, Greenwich, Conn. 06830.

**LONE STAR INDUSTRIES** IN THE  
RIGHT PLACE AT THE RIGHT TIME

## Vogue Food

By Arthur Gold and Robert Fizdale

### Easy cook, fast serve: Italian buffet meals with eye-and-eat appeal; recipes from Susanna Agnelli

An ocean-hopping hostess who entertains with astonishing ease gave us fourteen recipes for her favorite buffet luncheon or supper. For an even easier meal, try one of the short-form menus at right. Photographs of food and of Mme. Agnelli are on pages 100-101.

#### Bruschetta twelve servings

- 1 long loaf Italian bread (or two smaller ones), enough for 24 half-inch slices
- 2 cups olive oil (the best Italian oil), such as Bertolli brand
- Bowls of chopped fresh herbs mixed together (chives, parsley, dill, etc.) or mixed imported dried herbs such as

the French brand Aux Anysetiers du Roy

Bowls of salt and very coarsely ground fresh black pepper mixed together

Toast the bread slices; serve hot accompanied by the olive oil in a glass cruet or pitcher and the bowls of mixed herbs and salt-and-pepper mix. Each guest puts a slice or two of toast on his plate, pours oil on the toast, and sprinkles it with herbs and salt and pepper.

**Suni Agnelli's Tip:** For really coarse pepper, crack the whole peppercorns with a hammer on a wooden board, then mix with the salt.

#### Tomato Flowers with Gorgonzola Sauce twelve servings

- 12 medium-size ripe tomatoes
- Salt and freshly ground pepper
- 60 fresh basil leaves (or 1-2 tablespoons dried basil)
- ½ pound Gorgonzola cheese (or Roquefort or blue cheese)
- 2 cups sour cream
- 1 teaspoon lemon juice
- Leaves from 2-3 stalks celery (use the tender leaves from the center stalks)

Prepare tomato "flowers" by cutting each tomato into 8 wedges without cutting through to the bottom. Arrange tomatoes on a platter, opening them slightly. Sprinkle insides of tomatoes with a very small amount of salt and pepper. In the open center of each tomato, put 4 or 5 basil leaves or sprinkle a bit of dried basil.

Trim cheese and put into a blender or food processor with sour cream, lemon juice, and some freshly ground pepper but no salt. Blend till smooth. Put into a serving bowl, decorate with celery leaves, and serve with the tomatoes.

#### Sausages in Wine twelve servings

- 24 links of Italian pork sausages (sweet not hot)
- ½ bottle good Italian red wine, such as Antinori Chianti Classico

Prick sausages with a fork in several places so that they will not burst during cooking. Fry them in a heavy iron pan over low heat, turning occasionally, for 10-15 minutes or till browned on both sides. Transfer them to another heavy frying pan, leaving all the fat behind. (The pan must be large enough to hold all the links in one layer; use two pans if necessary.) Pour in enough wine so that the sausages are half sitting in wine. Simmer over low heat for about 5 minutes, turning each link over once. Drain the sausages and serve on a heated platter.

#### Polenta twelve servings

- 7 cups skim milk (or half water, half milk)
- 2 cups imported Italian Instant Polenta (Catari brand), available in specialty shops and Italian delicatessens, or 2 cups white or yellow water-ground cornmeal
- 2½ teaspoons salt

If making instant polenta, into a large pot, put skim milk and salt, bring to a boil. Add polenta, following directions on package; boil 5 minutes, stirring constantly. Press out any lumps against sides of pot with back of spoon. Pour polenta into a wide shallow bowl large enough to hold it. Let it sit for a minute, then invert it onto a platter.

If you cannot find instant polenta, use water-ground cornmeal which will take an hour instead of 5 minutes. However, most of that time the polenta cooks unattended in the top of a double boiler.

Bring 7 cups water with the salt to a boil in the top of a large double boiler which you place directly on the heat. Add cornmeal and cook 15 minutes, stirring almost constantly. Add another cup boiling water if the mixture seems to be getting too thick. Then set the top of the double boiler into the bottom and cook over simmering water for another 45 minutes, stirring occasionally. Mold and unmold as above.

Serve polenta with Instant Cheese Sauce.

#### Instant Cheese Sauce

- 1 cup freshly grated imported Parmesan cheese
- 2 cups sour cream
- Salt, pepper

Mix cheese and sour cream together. Season with salt and freshly ground pepper.

**G. and F.'s Tips:** If you have any sauce left, it is excellent as a dip for such raw vegetables as celery, cauliflower, or fennel. It also makes a surprisingly good simple sauce for spaghetti.

#### Buffet Menu I

Bruschetta  
Tomato Flowers with Gorgonzola Sauce  
Sausages in Wine  
Polenta  
Instant Cheese Sauce  
Roasted Peppers  
Egg Noodles with Tomatoes and Mozzarella  
Pears in Wine



#### Buffet Menu II

Hard-Boiled Eggs with "I Hate Garlic" Pesto Sauce  
Brains with Capers  
Wild Rice Salad  
Prosciutto Rolls with Lentil Puree  
Fig and Grape Pie  
Baked Melon

(Continued on page 44)



# The David Smith resort collection is available at the following fine stores:

Amherst, Mass. .... House of Wain  
Amherst, N.Y. .... Jenas  
Anderson, S.C. .... Vogue Shop  
Arcadia, Cal. .... Hinchshaw  
Ashville, N.C. .... Bell's Traditions  
Atlantic Iowa .... Brown Shoe Fit Co.  
Auburn, Cal. .... Foxwoods  
Auburn, N.Y. .... Shermans  
Austin, Texas .... Meiba's Boutique  
Barrington, R.I. .... Floa  
Battle Creek, Mich. .... Cole's  
Bay City, Mich. .... Lady Ford  
Beckley, W. Va. .... Polka Dot Shop  
Bel Air, Md. .... Ye Wooden Hanger  
Belmont, Mass. .... Town and Country  
Bennington, Vt. .... Vogue and Vanity  
Biloxi, Miss. .... La Boutique  
Birmingham, Ala. .... Fred Singleton  
Bloomington, Ill. .... Anderson's Eastland  
Bluefield, W. Va. .... Mademoiselle Shop  
Boca Raton, Fla. .... Gollara World  
Boca Raton, Fla. .... Jennifer Jones  
Boise, Idaho .... Carroll's  
Boulder, Col. .... Brooks Fauber  
Bowling Green, Ky. .... Fashion House  
Brockton, Mass. .... Rendezvous Boutique  
Brunswick, Ga. .... Altman's Shops  
Bryan, Texas .... Ruth's Fashions  
Burlington, N.C. .... Geneva's  
Burlington, N.C. .... Kouty's  
Cable, Wisc. .... Country Buttery  
Cedar Rapids, Iowa .... Armstrong's  
Charlottesville, Va. .... Miller's  
Charleston, S.C. .... Porgy & Bess  
Charlotteville, Va. .... Mary Peg Shop  
Chico, Cal. .... La Femme  
Clarksburg, W. Va. .... Meier's  
Clarksburg, W. Va. .... Crowder Brothers  
Clayton, Mo. .... Robb's Casual Fashions  
Cleveland, Ohio .... M.T. Kish  
Columbus, Ga. .... Casual Corner  
Columbus, Ohio .... Town & Country  
Columbus, Ohio .... Tudor House  
Coral Gables, Fla. .... Snow on the Wind  
Coropopolis, Pa. .... The Village Shoppe  
Cortland, N.Y. .... Katharine Gaudry  
Culpeper, Va. .... The White Shop  
Dallas, Texas .... Lester Melnick  
Danville, Cal. .... Shoe Stable  
Darren, Conn. .... Darren Sport Shop  
Daytona Beach, Fla. .... Slag's  
Dearborn, Mich. .... Muirhead's  
Deerfield Beach, Fla. .... The Casua Shop  
Delray Beach, Fla. .... Mercer Wentzel  
Denver, Colo. .... Cates First Ave.  
Des Moines, Iowa .... Dickinson's  
Dodge City, Kan. .... Shelley's Second  
Dover, N.J. .... Morton's  
Duluth, Minn. .... Crooked Door  
Duxbury, Mass. .... Sue Butler  
East Greenwich, R.I. .... Country Clothes  
Edina, Minn. .... Hagers of Edina  
Elkhart, Ind. .... Stephenson's  
Elmwood Park, N.J. .... Kathy's Peek & Seek  
El Paso, Texas .... Popular Dry Goods  
Enid, Okla. .... Lambert's  
Ephrata, Pa. .... Donecker's  
Escondido, Cal. .... Sport and Spree  
Eugene, Oregon .... Marley Sport Shop  
Farmington, Conn. .... Tweeds & Tees  
Farquhar, N.D. .... Shotwell's  
Fayetteville, S.C. .... Hendrickson's  
Flemington, N.J. .... Seder's  
Fruitland, Pa. .... Whitemarsh Tennis  
Ft. Lauderdale, Fla. .... The Wearhouse  
Ft. Dodge, Iowa .... House of William  
Ft. Lauderdale, Fla. .... Catana Shop  
Ft. Lauderdale, Fla. .... Monica T. Buggie  
Fort Myers Beach, Fla. .... El Mirador  
Framingham, Mass. .... Sylvia Lee  
Fresno, Cal. .... Mona Lisa  
Galveston, Texas .... The Pace  
Galesburg, Conn. .... A Bout que  
Gardiner, Cal. .... Four Seasons  
Glen Ellyn, Ill. .... The Dutch Doors  
Glen Ellyn, Ill. .... Bob Horsley's  
Grand Forks, N.D. .... Manders  
Great Bend, Kan. .... Dior's  
Green Bay, Wisc. .... Kohl's  
Greenville, S.C. .... Echols  
Gretna, Va. .... Casual Village  
Grosse Pointe, Mich. .... Martha's Closet  
Gurrie, Ill. .... Grand Junction  
Hainesdale, Fla. .... Helen Daniels  
Hamilton, Ohio .... Irene's  
Hartford, Conn. .... Stackpole Moore  
Haverhill, Pa. .... Tryon & Co.  
Hendersonville, N.C. .... Leslie's  
Hickory Head Island, S.C. .... Leona's  
Hinsdale, Ill. .... Wingfield's  
Houston, Texas .... Heritage House  
Houston, Texas .... Isabell Gerhart  
Huntington, W. Va. .... Reflections  
Hutchinson, Kan. .... Pegue's  
Hyannis, Mass. .... MacKell's  
Indianapolis, Ind. .... Penelope's  
Indianapolis, Ind. .... Rodenick St. Johns  
Iowa City, Iowa .... Four Seasons  
Iowa City, Iowa .... The Stable  
Islamorada, Fla. .... Sand Dollar  
Jackson, Miss. .... Field's of Jackson  
Jackson, N.H. .... Jack Frost Shops  
Jacksonville, Fla. .... Bolun's  
Johnstown, Pa. .... Mary Francis Boutique  
Jonesboro, Ark. .... The Dennis Shop  
Ladue, Mo. .... The Image  
Lake Buena Vista, Fla. .... Walt Disney  
Lake Forest, Ill. .... World  
Lake Geneva, Wis. .... Robertson's  
Leominster, Mass. .... Witherspoon's  
Lewiston, Me. .... Ruth Lee  
Lewiston, Me. .... Ward's  
Lincoln, Neb. .... Miller & Paine  
Lincoln, R.I. .... Jean Miens Village Shop  
Lockport, N.Y. .... Flora E. Hatch  
Longmeadow, Mass. .... Beverly Shop  
Los Altos, Cal. .... Jerry's  
Los Angeles, Cal. .... Desmond's  
Los Gatos, Cal. .... Joannina's Fashions  
Lubbock, Texas .... Panti Tims  
Lynchburg, Va. .... Sportin' Life  
Manhattan, Kan. .... Stevenson's  
Mansfield, Ohio .... The Cherry Tree  
Marshall, Minn. .... Stone's  
McKeesport, Pa. .... Elaine's Boutique

McLean, Va. .... Michael Rose  
Memphis, Tenn. .... Helen's of Memphis  
Meredith, N.H. .... Samaha's  
Miami, Fla. .... Dorai Country Club  
Middleton, Ohio .... Irving's  
Milford, Conn. .... Jennifer's  
Milwaukee, Wisc. .... Craig's  
Milwaukee, Wisc. .... Mr. Roberts  
Mobile, Ala. .... Kayser's  
Montgomery, Ala. .... The Village Store  
Morgantown, N.C. .... Lazarus  
Morristown, N.J. .... Florine Shoppe  
Mount Vernon, Ill. .... A. Berl's  
Muskegon, Mich. .... Angus Fashions  
Mystic, Conn. .... Tudor Court  
Nantucket, Mass. .... Vander Woels  
Napa, Cal. .... Russ Egners Sport & Resort  
Naples, Fla. .... Remington's of Naples  
Naples, Fla. .... Young America Shop  
Nashua, N.H. .... Awards  
Nashville, Tenn. .... John Flynn  
Newark, N.J. .... Hahne's  
New Hartford, N.Y. .... Princess Shop  
Newport News, Va. .... Karen's Collection  
Newton, N.C. .... Lucy Lou's Fashions  
Newton Square, Pa. .... Fashion Corner  
Norfolk, Va. .... Navette Shoppe  
Northampton, Mass. .... Country Miss  
North Dartmouth, Mass. .... Designer I  
Northfield, Ill. .... The Bird Cage  
Oak Park, Ill. .... Quintero  
Oconomowoc, Wisc. .... Snyder's  
Oklahoma City, Okla. .... Jeromes  
Okoboji, Iowa .... Green's of Okoboji  
Old Greenwich, Conn. .... Williams  
Omaha, Neb. .... Sportsman  
Orchard Park, N.Y. .... Zoob's  
Overland Park, Kan. .... Guyette's  
Overland Park, Kan. .... Overland Park  
Palmdale, Cal. .... Jones Store  
Palm Beach, Fla. .... Slag's  
Pawtucket, R.I. .... Rosen's  
Penna. .... D. Schaffer North  
Petaluma, Mich. .... Country Casuals  
Philadelphia, Pa. .... Mr. Bond  
Phoenix, Ariz. .... of Haverford  
Pikesville, Md. .... Arizona Butters  
Pittsburgh, Pa. .... Monroe Bayer  
Plainfield, N.J. .... Kuntz & Rider  
Pleasanton, Cal. .... Tepper's  
Pompano Beach, Fla. .... Shoe Stable  
Pompano Beach, Fla. .... Alan Evans  
Pontiac, Mich. .... Carroll's  
Portland, Me. .... Pauline's Boutique  
Portland, Me. .... Portous Mitchell & Straub  
Portsmouth, N.H. .... Tuber Fashions  
Providence, R.I. .... Heien Oleson  
Putnam, Conn. .... Kays III  
Racine, Wisc. .... Jos. Lawrence  
Rad Oak, Iowa .... Arlene's Glad Rags  
Ridgewood, N.Y. .... MacHugh's  
Riverside, Cal. .... Harris Co.  
Riverton, Wyo. .... George T. Horne  
Rochester, N.Y. .... B. Forman  
Rochester, N.Y. .... Irma S. Frankenstein  
Rockford, Ill. .... Camelford Fashions  
Rockingham, N.C. .... Long's  
Rockville Centre, N.Y. .... Horvick's  
Rocky Mount, Va. .... Village Fashions  
Rome, Ga. .... The Clothes Horse  
Sacramento, Cal. .... Charlotte Green  
Salem, Kan. .... Appare  
Salt Lake City, Utah .... Stevenson's  
Salt Lake City, Utah .... Foothill Village  
Salt Lake City, Utah .... Sports Den  
San Antonio, Texas .... The Wardrobe  
San Antonio, Texas .... Menger Smart  
San Antonio, Texas .... Shops  
San Bernardino, Cal. .... Harris Co.  
San Diego, Cal. .... L. on a Clothing  
San Rafael, Cal. .... Modern Edge  
Santa Barbara, Cal. .... Tweeds & Weeds  
Santa Fe, N.M. .... The Guarantee  
Santa Rosa, Cal. .... Patricia's  
Sarasota, Fla. .... The Sport Shop  
Scottsdale, Ariz. .... Marriott's Camelback  
Sioux City, Iowa .... Resort Shop  
Sioux Falls, S.D. .... Jean's  
South Dartmouth, Mass. .... The French Door  
Southern Pines, N.C. .... Concordia  
South Hill, Va. .... Pocket  
South Yarmouth, Mass. .... Village  
Spokane, Wash. .... Martha's  
Springfield, Ill. .... Togs & Rigs  
Springfield, Mass. .... The Crescent  
Springfield, Mass. .... The Wardrobe  
Stamford, Conn. .... Forbes & Wallace  
St. Clair, Mich. .... Just Friends  
Stillwater, Okla. .... Hayes of St. Clair  
St. Louis, Mo. .... Bonney's  
St. Marys, Ohio .... The Dresser Drawer  
St. Matthews, Ky. .... The Island Shoppe  
St. Paul, Minn. .... Theodore's  
St. Paul, N.C. .... Fashion Shop  
Streator, Ill. .... Opdyckes  
Stuart, Fla. .... Stuart Dept. Store  
Tampa, Fla. .... Jacquelyn's  
Tequesta, Fla. .... Red Hen  
Tucson, Ariz. .... Cele Peterson  
Tulsa, Okla. .... M. S. Jackson's  
Upper Merionide, N.J. .... Olympic Ladies  
Vero Beach, Fla. .... Shop  
Virginia Beach, Va. .... Jean Lott  
Watertown, Iowa .... Hobie's  
Wayne, N.Y. .... Palace Clothiers  
Wayne, Pa. .... Yanuzzi  
Wellesley, Mass. .... The Charlene Shop  
Westbury, N.Y. .... John Douglas  
West Hartford, Conn. .... Country Corner  
Weston, W. Va. .... Segel Shop  
Westport, Conn. .... Adler's  
Wheeling, W. Va. .... Ed Mitchell  
Whitler, Cal. .... L.S. Good  
Winnetka, Ill. .... Hinchshaw's  
Winnetka, Ill. .... The Fashion Shop  
Wilmington, Del. .... Fleishman's  
Winnika, Ill. .... Aimee  
Winnika, Ill. .... Minna Hart  
Winston Salem, N.C. .... Buena Vista Shop  
Woodbury, Conn. .... Louise Stiles  
Yarmouth, Me. .... House of Stiles  
Youngstown, Ohio .... Hartzell Rose & Sons

## Vogue Tip-Offs

CONTINUED FROM PAGE 34

### ★★ Double Feature in Chicago

In the windy city this month, visitors to the Museum of Contemporary Art can catch an exciting double-header: a retrospective of California environmental artist Robert Irwin, tracing his progress from conventional painting into the new realms where art meets perceptual psychology, and a second show at the Museum: "Drawings by Five Abstract Artists," including Willem de Kooning, Jackson Pollock, Arshile Gorky, Franz Kline, and Philip Guston—all leading Abstract Expressionists whose gestural style derived originally from drawing.

### ★★ The Design Process

Is there an American design? The question is answered in the affirmative by the fascinating exhibition of "Nelson/Eames/Girard/Propst: The Design Process at Herman Miller" now on exhibit at Walker Art Center in Minneapolis. A Michigan furniture company that manufactured reproductions of period furniture until the late '30's, Herman Miller, Inc., began to experiment with architectural furniture emphasizing structural components and mass production, hiring the most exciting American designers to discover new ways of furnishing the homes, offices, and hospitals of the vital, mobile, flexible America that emerged after World War II.

George Nelson, the celebrated husband-wife team of Charles and Ray Eames, Alexander Girard, and Robert Propst were among those who helped revolutionize American design, bringing it into line with more advanced European concepts. Like the Art Nouveau and Bauhaus architects, these designers saw pieces of furniture not as objects but as part of a total environment: their chairs, tables, storage units, and systems components had the simple clean lines appropriate to modern building and to modern life.

Organized by Mildred Friedman, the imaginative editor of *Design Quarterly*, the show travels from Minneapolis to The Milwaukee Art Center, Pittsburgh's Carnegie Institute, the Institute of Contemporary Art in Boston, and The Detroit Institute of Arts. A chronicle of how the taste of Americans changed, to prefer the graceful Eames chair to the clunky Barcalounger, "The Design Process" is one indication of how much sophistication increased in the U.S.A. during the post-War years. ▽

## David Smith A meaningful relationship



Photography at beautiful Innisbrook in Tarpon Springs, Florida's magnificent vacation resort

How you look. It never felt better.  
Contemporary. Comfortable. Captivating.  
Clothing that relates to itself, to you and your life.

Meaningfully.  
Designed by Eric Jacobson.  
From \$15 to \$30.



## David Smith

BLOOMINGDALE'S, BULLOCK'S, GOLDWATERS, HIGBEE'S,  
I. MAGNIN, JACKSON GRAVES, JACOBSON'S, JORDAN MARSH,  
FLA., LORD & TAYLOR, MARSHALL FIELD, MONTALDO'S,  
NORDSTROM'S, R. H. STEARNS, SAKOWITZ, WOOLF BROS.





## The Essential Touch for Beautiful Nails Longer, Lovelier Nails in Five Weeks

LIVING NAIL. The revolutionary nail hardener that promises to give you the nails you have always wanted. The only nail hardener which will end nail splitting, breaking, and peeling. LIVING NAIL...the quick and easy way to longer, lovelier nails. Use LIVING NAIL just **once a week** on the tips of nails only. So easy to apply with Golden Cuticle Shields.\* Once a week—that's all there is to it!

LIVING NAIL... a promise meant to be kept.

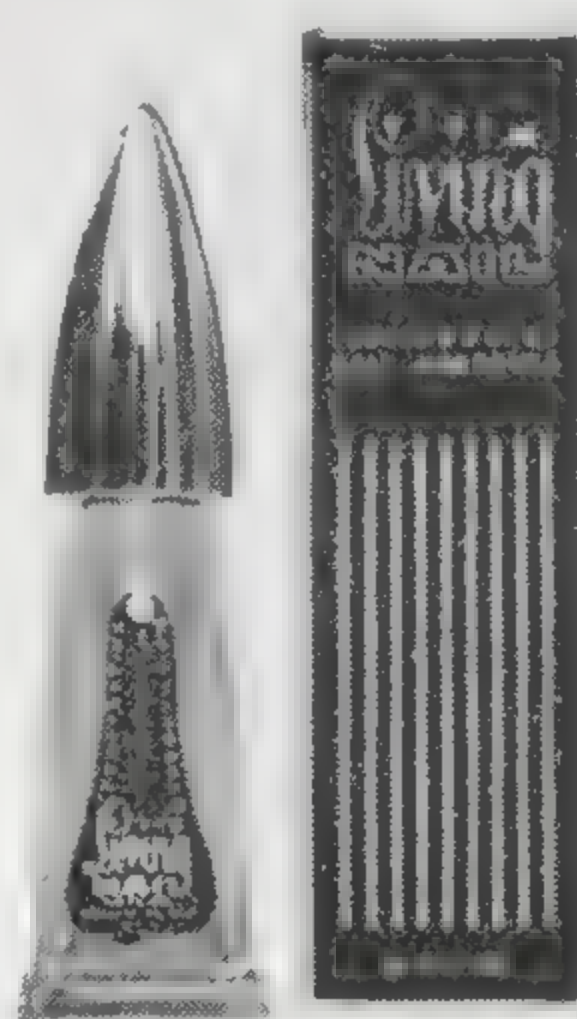
Economical 10-month supply, complete with Cuticle Shields, \$5.00.

**Available at fine stores everywhere.**

BENDYNE LTD., 150 Fifth Avenue, New York, N.Y. 10011

\*U.S. Patent No. 3,382,878

© 1975



# Y

## OU'LL NEVER WASTE GOOD MONEY ON THE WRONG COSMETICS AGAIN.

Or the wrong soap. The wrong shampoo. The wrong perfume. The wrong diet foods, exercising equipment, or any of the hundred-and-one health and beauty aids supposedly designed to enhance your looks and enrich your life.

Now, Norma Clark, well-known Beauty and Health Researcher, is about to share her knowledge with you through a unique Beauty Advisory Service.

The Norma Clark Beauty Advisory Service will tell you all you need to know about cosmetics, and which are best for you... your complexion, your skin, your coloring. You'll also receive a sample, from time to time, to try.

Norma also tells in no uncertain terms which health and beauty aids live up to their advertising claims. And which don't.

So, don't waste any time getting the full details. Clip and mail this ad today.

- ☐ Norma, your Service sounds terrific. Please tell me all about it.
- ☐ Better, yet, please reserve a 3-month (3 Issue) Trial Subscription to your Beauty Advisory Newsletter for \$15. (Enclose check or money order)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**THE NORMA CLARK ADVISORY SERVICE**

128 East 71st Street, New York, New York 10021

## Vogue Ready Beauty

By Nissa Simon

## Plan your time to lose weight

Alan Lakein spends his time helping others to use theirs wisely . . . and effectively, even when the goal is to become thin. Author of the Signet paperback *How To Get Control of Your Time and Your Life* and president of the only company in America devoted to time management, Mr. Lakein advises companies such as AT&T and Xerox and such individuals as Vidal Sassoon, Pauline Trigère, and Polly Bergen.

Mr. Lakein believes everyone can make better use of time and teaches a system based on **ABC** priorities! **A** priorities have the highest value; **B**'s, medium; and **C**'s, the lowest on the priority scale. He feels this system can be adapted to solving a problem most of us face—eating too much.

"I assume that if you're interested in my method, regular dieting hasn't worked for you. You've lost the same ten pounds again and again and still are not at your ideal weight. I'm not going to tell you what to eat; I'm going to say, 'Change your schedule and your activities so you'll end up eating less.'" Here, Mr. Lakein's suggestions:

### ■ KEEP YOUR HABITS— CHANGE YOUR SCHEDULE

1. Become involved in an interesting project just before the time you usually eat. You'll have time only to eat something quickly so you can continue with what you're doing.
2. When you're watching television, if you find you automatically go to the fridge during commercials, try turning to another station instead. If you're a mystery-program addict but start to munch when things get tense, switch to other kinds of shows for a while.

### ■ CHANGE THE PACE

1. Eat slowly so that everyone finishes before you. Put your fork down when others do. When plates are removed, yours will go with the rest.
2. See how long you can take to chew a mouthful. It's a physiological fact that the more slowly you eat, the less you eat.
3. Or, eat as quickly as you like but take tiny amounts each forkful.

### ■ RATE YOUR FRIENDS— AND YOUR FOOD

1. Rate your foods **A**, **B**, or **C**. **A** foods have few calories. **C** foods have a lot. In the past you've thought only in terms of *numbers* of calories. The rule here is more time on **A** foods, no time on **C** foods.
2. Consider desserts as **C** foods. Keep a log of every dessert you eat, where you eat it, and in whose company. If you find you always have two pieces of cheesecake when visiting a certain friend, invite her to your house instead.
3. Rate your friends by how much they eat. An **A** friend is happy with an apple for lunch, while a **C** friend insists on starting with cream soup and finishing with zabaglione. Do I have to tell you whom you should lunch with more frequently?

### ■ USE YOUR CLOCK AND YOUR CALENDAR

1. Decide which are the treacherous times of day when you eat too much. You shouldn't have to exert self-discipline all day, only at those times when you're prone to eating.
2. Keep a diary of the *times you eat rather than what you eat*. This will show a pattern. Have contingency plans for these times: call a friend, plan a shopping trip, commit yourself to volunteer work.
3. Establish times during the day that are off-limits for eating. After breakfast, decide not to eat anything until 12:30.
4. If you don't eat between meals but compensate by eating too much at meals, plan midafternoon snacks of low-calorie foods.
5. Arrive at parties a little later than you normally would. You won't have so much time to consume drinks or canapés.



# Does your face look older than your body? Here, ways to hold back the lines

**Startling fact:** we recently learned from Dr. Jack Mausner of Helena Rubinstein that slides taken of the facial skin of a twenty-year-old and a sixty-year-old showed dramatic differences, *but* slides of skin taken from completely unexposed parts of their bodies (such as the buttocks) showed very little, if any, difference in condition.

**Conclusion:** if you protect your skin from the elements and from exposure to light, there is no need for it to become wrinkled and damaged to the extent expected of aging skin today. Also from Dr. Mausner, the observation that although *you* may go from wintertime New York to summertime Florida in two hours, *your skin* is taxed to adjust to the radical temperature change, and alteration in humidity. All the more reason for you to pack your sunscreens and skin treatments with care this year. The health and beauty of your skin depend on it.

## IN THE SUN

When you want to be sure you've packed all the protection you'll need, you may want to try one of the most sophisticated, but simple to use, products we've seen. Thirty tiny sponges, packed in a travel jar, and loaded with moisturizing Aloe and PABA, the effective ultraviolet ray absorber (present in the best sunscreens). You use one sponge a day—wiping it across your face (alone or under makeup)—and know you've done a lot to help delay the aging action of the sun. Name to look for . . . Aloe-PABA Skin-Savers.

Good news for dark skins, from light brown to olive to deep brown—whether your skin is that way naturally or with a little coaxing from the sun. Gemmesse has introduced new Rich, Deep Shades of foundations: Mocha Cafe, Toasted Honey, and Tawny Chestnut . . . one or more might say "you."

## IN THE SNOW

Make it easy on your face by packing along the Hawaiian Tropic Ski Pro kit with a weekend supply of professional sunscreen for your face; a tube of moisture and sunscreen for lips, nose, and ears; and an after-ski moisturizer. (Pick up larger sizes of all of these for your vacation.)

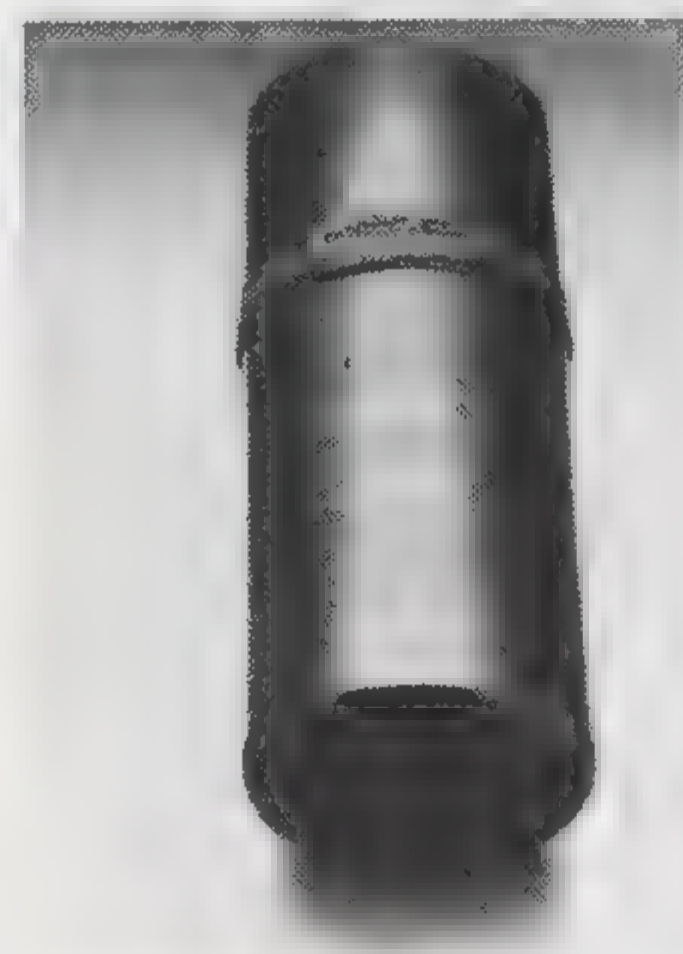
Apres ski . . . treat yourself to a melt-point bath to soothe muscles . . . and don't forget your skin. Rich oil added to the water will work wonders for skin that's spent all day pent up in wool-lies. Yves Saint Laurent gives you the scent of his famous Rive Gauche in his new Moisturizing Bath Oil.

A day of skiing can be an all-day beauty treatment. Slather on a rich body moisturizer before dressing, let it work all day in near-sauna conditions (cross-country skiing

works up a great sweat, we're told). One product well worth a try . . . Allercreme Dry Skin Lotion.

## ON THE GO

Now for a little something new that has nothing to do with skin, just a breath of pleasure when you travel:



ISH MURO

You wouldn't leave home without perfume—but when traveling you want a perfume that works for you day and night, in a case that the clumsiest porter can't smash. A crisp fragrance such as Gucci Parfum I, now suited up in a brown metal cylinder with the signature stripes, is one to think about.

Extraordinary  
Once-A-Year Offer for  
Every Woman 35 and Over



## Irma Shorell's "Youthening Skin-Care" Collection!



World renowned  
Skin-Care Authority

Here is your opportunity to receive at no cost — a generous jar of MOISTURE/35 — the first daytime cosmetic to truly MOISTURIZE • FIRM • PROTECT over-35 skin.

Unlike any other moisturizer, MOISTURE/35 contains miraculously effective firming agents and the finest, most beneficial moisturizing ingredients.

Absorbed almost instantly — not greasy or messy — MOISTURE/35 is yours when you take this once-a-year opportunity to try CONTOUR/35 — recognized as the world's most effective night creme to improve the appearance of over-35 skin.

This special SKIN-CARE COLLECTION contains my three unique preparations . . . Irma Shorell's CONTOUR/35, MOISTURE/35 and FORMULA for CLEANSING in an alligator-like luxury cosmetic case. Perfect for home or travel . . . reg. \$35.00 and now only \$17.50.

Containing NO HORMONES OR STEROIDS, CONTOUR/35 used nightly has been remarkably beneficial in restoring a vibrant, youthful appearance for many of the world's most famous and attractive women . . . notables of Stage, Screen, International and Diplomatic Set. In the short space of 21 days their contours appeared tightened, face and neck firmed, color and tone looked dramatically improved and fine dryness lines seemed erased.

Order today — supply is limited.

LIMITED TIME OFFER  
IRMA SHORELL'S SKIN-CARE COLLECTION (\$35 reg.) \$17.50

Available at these and other fine stores

HENRI BENDEL  
L. L. BERGER  
JORDAN MARSH  
BONWIT TELLER  
GARFINKEL'S  
TRES JOLIE  
BYCK'S  
GUS MAYER  
REGENSTEIN'S  
GALENTINA'S ODYSSEY  
GODCHAUX'S  
JORDAN MARSH  
MAAS BROTHERS

New York  
Buffalo  
New England  
Philadelphia  
Washington  
Pittsburgh  
Louisville  
Birmingham  
Atlanta  
Huntsville  
New Orleans  
Florida  
Florida

HALLE'S  
THE UNION  
HIMELHOCH'S  
HARZFELD'S  
FIELD-SCHLICK  
DE JONG'S  
MISS JACKSON'S  
GIMBELS  
FROST BROS.  
NEUSTETERS  
ROBINSON'S  
MACY'S  
NORDSTROM

Cleveland  
Columbus  
Detroit  
Kansas City  
St. Paul  
Evansville  
Tulsa  
Milwaukee  
San Antonio  
Colorado  
California  
California  
Washington-Oregon



# For the woman who's at the heart of her family's finances.



You can't afford to be wrong. Because if you're in charge of the family budget, you're making decisions about the future, too.

And that's where U.S. Savings Bonds come in. Buy them through your bank. Or encourage your husband to sign up for the Payroll Savings Plan where he works.

That way, while you're meeting the day-to-day expenses, you'll still be building a more secure future for your family.

U.S. Savings Bonds. For the woman who really knows a good bargain.

Now E Bonds pay 6% interest when held to maturity of 5 years (4 1/4% the first year). Bonds are replaced if lost, stolen or destroyed. When needed, they can be cashed at your bank. Interest is not subject to state or local income taxes, and federal tax may be deferred until redemption.



## Take stock in America.

Join the Payroll Savings Plan.

Ad Council A public service of this publication and The Advertising Council.



## HORIZON

**Scorpio** *October 24-November 22*

Now is an important period for you. A new phase in your life begins, bringing you new plans and goals. There will be many changes during the coming years. After this month's favorable days, a negative Mercury aspect could cause difficulties in your home life or with superiors or an influential person. Be careful when writing and speaking. A trip or an important appointment should take place during the first part of February. Unless you are too possessive, your love life should bring contentment on the 6th-7th and 16th-17th. For shopping and meeting friends, use the 1st-2nd, 20th-21st, and 28th-30th. **My advice:** Avoid quarrels on the 3rd-5th, and be reasonable on the 18th-19th and 31st. Slight tensions may occur on the 11th-12th.

**Sagittarius** *November 23-December 21*

The month seems promising, with success in your work and in new enterprises. Your financial situation is improving. Try to be less nervous and impulsive, otherwise the 6th-7th and 13th-14th could bring you conflicts with co-workers. The 20th-21st are also rather negative. The Moon and an excellent Venus influence will strengthen sentimental ties; high spots in your emotional life come on the 8th-10th and 18th-19th. Charm and personality make for success and love. Accept an invitation on the 3rd-5th; schedule a professional appointment on the 22nd, 23rd, or 31st. New contacts provide opportunities to increase your income. **My advice:** Take quick advantage of the interesting information the month will bring.

**Capricorn** *December 22-January 20*

Your financial situation could be better, but you do little or nothing to change it. Even if you hate big changes in your way of life, you shouldn't stick to old habits just because you are accustomed to them. That is an old person's mentality, and the beginning Uranus influence wants you young and enterprising. Get information about a new and interesting task. New acquaintances and nice happenings come your way at the end of the month. Many Capricorns will have surprising encounters that will lift their spirits. Positive days are the 11th-12th and 20th-21st; less favorable are the 8th-10th and 22nd-23rd. **My advice:** Take a broader view of life and become more interested in other people's ideas and thoughts.

**Aquarius** *January 21-February 18*

There is great activity in different fields; concentrate on a new plan which should be studied very carefully. For the next three months, you have very good chances to strengthen your position and to augment your financial security for the future. Mercury, in your sign, favors home affairs, buying and selling property, correspondence, and agreements. Clear, constructive ideas and initiative will bring you success. A good Venus aspect will enrich your sentimental life, bring you together with pleasant people, and create important new contacts. Successful days will be the 13th-14th and 22nd-23rd. Avoid business appointments on the 11th-12th and 24th-25th. **My advice:** A friend is in trouble. Try to help.

**Pisces** *February 19-March 20*

You succeed in ploughing your way through several difficulties. In spite of negative Venus and Mars influences, you don't give in and know how to face the situation. Hold your temper in check on the 13th-14th and 20th-21st when discussing a certain subject. Don't give away the source of your information and choose your words carefully. Critical days in your emotional life are the 26th-27th. Good Moon influences will help you on the 16th-17th and 24th-25th, when even Uranus will be on your side. Don't overspend to make life more pleasant; last days of the month bring relief. **My advice:** You needn't worry about your work: you are as efficient as ever.



Your copies of  
**VOGUE**  
are well worth  
keeping  
and worth  
keeping  
well!

Protect and preserve them in handsome VOGUE Library Cases, especially designed to hold a year's issues (12). Made of durable, washable Venetian Red simulated leather, with 16-K gold embossed lettering, VOGUE Library Cases measure 12¾" by 10" by 3¾", and cost \$4.95 each (3 for \$14.00; 6 for \$24.00). Postage-paid and satisfaction guaranteed!

Order directly from  
**VOGUE**  
P.O. Box 5120  
Philadelphia, Pa. 19141

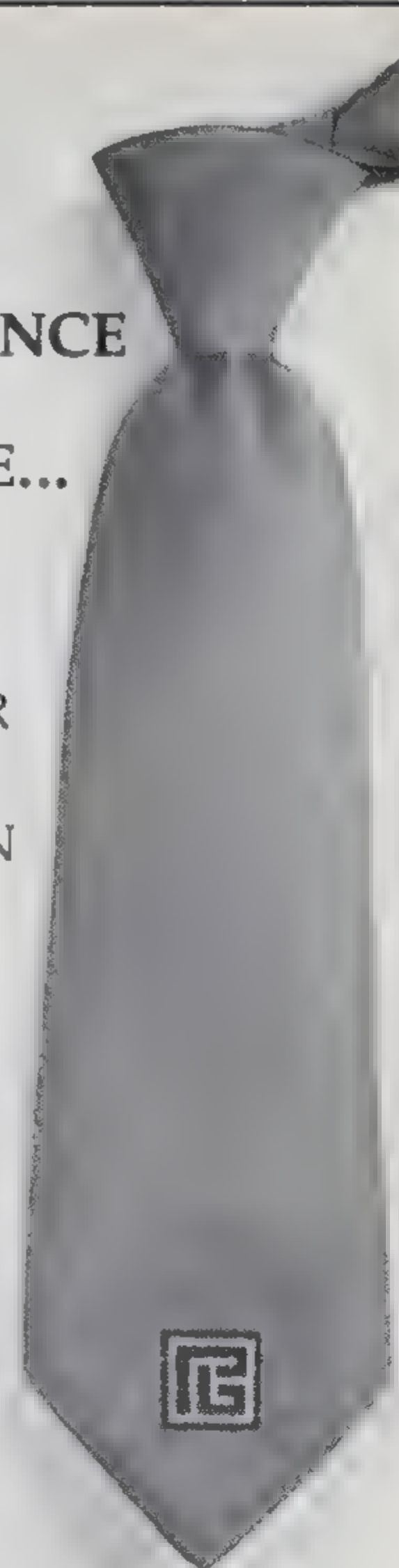
Allow 4 weeks for delivery.  
(U.S.A. orders only)

THE  
QUINTESSENCE  
OF  
ELEGANCE...

SOLID COLOR  
TIES OF  
HAND WOVEN  
WILD SILK

\$10  
AT FINE STORES  
(Other lines up to \$49.)

Ecru, French Blue,  
Royal Blue, Navy Blue,  
Rust, Forest Green,  
Pale Yellow, Antique  
Red, White, Chocolate.



**pierre balmain**  
PARIS



...VIVE LA DIFFERENCE...

\* Distributors: FRANCIMEX, INC. 205 Lexington Ave., N.Y.



Perfect is better...  
even if you  
cheat a little.

**Lee Nails**  
by Lee pharmaceuticals

Perfectly beautiful—whatever length you desire.  
Applied at better salons.



## Roasted Peppers

twelve servings

9 or 10 red (or yellow) sweet peppers

½ cup olive oil  
Salt

Skin peppers: hold each pepper with a fork directly over gas flame, turning it to char on all sides (can also be put under the broiler—quite close—and charred on all sides); then scrape off the skin under running cold water. Dry peppers, cut in half, and remove and discard the stem ends, all the seeds, and the white membranes. Put the pepper halves in a baking dish with the oil, season with salt, bake at 350° for about 20 minutes.

## Egg Noodles with Tomatoes and Mozzarella

twelve servings

2 14-ounce packages imported Italian wide egg noodles (Mennucci brand is excellent)  
Salt

Olive oil  
4 tablespoons butter  
1½ cups freshly grated imported Parmesan cheese

### Sauce Ingredients:

3 cups canned Italian tomatoes (contents of a 35-ounce can)  
1 pound mozzarella cheese

2 teaspoons dried basil (or 2 tablespoons chopped fresh basil)  
½ teaspoon sugar, 1 teaspoon salt, freshly ground pepper

To cook the noodles, fill the largest pot (or the two largest) you have with some water, add some salt, and a tablespoon or two of oil. Cover and bring to a rolling boil while you prepare the sauce.

Strain tomatoes through a sieve, cut in half; put, with some of the juice clinging to them, into a heavy pot. Cut mozzarella into ¼-inch slices, then into 1-inch pieces; add to tomatoes along with basil, sugar, salt, pepper. Cook over medium high heat for about 5 minutes or till mozzarella becomes softened and slightly runny.

As soon as you have started the sauce, add the noodles to the boiling water, bring back to a boil, and cook, separating the strands occasionally, uncovered, for 4-5 minutes or till tender but still slightly firm. Drain, put on a warm serving platter, add butter and sauce. Pass the grated cheese separately.

## Pears in Wine

twelve servings

3 dozen Seckel pears  
1 bottle good Italian red wine  
3 cups sugar

12 whole cloves  
3 cinnamon sticks  
6 strips each of lemon peel and orange peel (with none of the white pith!)

Peel pears, leaving them whole with stems on. Cut a very thin slice off the bottom of each pear so that they will stand upright. Arrange them as close together as possible in one or two large baking dishes. Put rest of the ingredients into a pot and bring to a boil, stirring frequently until all the sugar is dissolved. Pour over pears and bake at 400°, basting several times until pears are tender. (Time depends on pears.)

Arrange pears on serving platters. If wine mixture has become thick and syrupy, strain and pour over the pears. If not, pour it into a pot and cook it over high heat until it is. Then strain and pour over the pears; serve hot, cold, or at room temperature.

## Hard-boiled Eggs with "I Hate Garlic" Pesto Sauce

twelve servings

12 hard-boiled eggs

### Pesto Sauce:

¼ cup tightly packed fresh basil leaves (about 16)  
3-4 sprigs parsley (optional)  
½ teaspoon salt

½ cup freshly grated imported Parmesan cheese  
½ cup pine nuts (pignoli) and 1-2 walnuts, coarsely broken  
6 tablespoons olive oil

Suni Agnelli, like many Northern Italians, loathes garlic. She makes her garlic-less pesto with a mortar and pestle ("the way nature intended it to be made") but readily admits that a blender will make a splendid instant pesto.

Shred the basil and parsley (or cut with scissors); put into a mortar with cheese, salt, and nuts. Mash into a paste with the pestle, adding the oil gradually. Serve in a small bowl to accompany the eggs.

**Blender Method:** Put all the ingredients into a blender, using only a little of the oil. When blended to a paste, add rest of oil gradually.

**G. and F's Tip:** For garlic lovers, make the traditional pesto by adding 6 cloves of garlic, chopped, at the beginning of the recipe.

(Continued on page 50)



## A child like Josi needs your love...

Little Josi in far away Brazil really likes the idea of going to school. When she was only four years old a letter from her mother to Josi's sponsor said:

*"She spends her time with a school bag and books under her arms and she goes around saying that she is going to school..."*

But without help, Josi's happy dreams for school might never come true.

You see, Josi lives in a crowded slum called a "favela"—along with many people who came from rural areas in hope of finding work to support their families. But jobs are scarce, especially for the unskilled. For example, Josi's father works hulling fruit and vegetables and so he earns only a meager income.

Houses in Josi's neighborhood are made with mud walls, sticks or palm leaves and floors of dirt or cement. There are no paved streets.

Josi's home has no windows and the water they use must be carried from a public pump some distance away. There is hardly enough money for food or clothes and a "favela" child might never have the opportunity to go to school.

But Josi has a chance. She is one of the lucky ones who has a CCF sponsor and so she is enrolled in a Family Helper Project. She receives help with more nutritious food, clothing, medical care and when she is ready for school, she will receive assistance with school fees, uniforms, and classroom supplies.

There are many needy children in the "favela" where Josi lives—and in other places, too. These youngsters may never have a chance for a better life, unless someone cares enough to help.

Through the Christian Children's Fund, you can sponsor a deserving child for only \$15 a month. Just fill out the coupon and send it with your first monthly check. You will receive the child's name, address and photograph, plus a description of the project.

You are encouraged to write to the child and your letters and cards will be answered. (Children unable to write are assisted by family members or staff workers.)

Won't you help a needy little child through this warm, person-to-person way of sharing?

**Sponsors urgently needed in Brazil, India, Guatemala, Indonesia and the Philippines.**

We will be glad to send you a Statement of Income and Expense upon request.

Write today:

Dr. Verent J. Mills

**CHRISTIAN CHILDREN'S FUND, Inc.**

Box 26511, Richmond, Va. 23261

I want to sponsor a ☐ boy ☐ girl in (Country) \_\_\_\_\_

☐ Choose any child who needs my help. I will pay \$15 a month. I enclose first payment of \$\_\_\_\_\_. Please send me child's name, mailing address and photograph.

I can't sponsor a child now but I do want to give \$\_\_\_\_\_.

☐ Please send me more information.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Member of International Union for Child Welfare, Geneva. Gifts are tax deductible. Canadians: Write 1407 Yonge, Toronto 7.

VO 2913



By Jane O'Reilly

# Want to get away from it all in an amusing, comfortable, extraordinary place? Try this....

People keep asking me what Ceylon is like, and I tell them Ceylon is pretty much what they'd expect. It turns out that hardly anyone has any kind of expectations of what Ceylon might be like, except that it might be like India, which it isn't. So then I have to admit that although I have been home some time now, I still have failed to find the appropriate, all-inclusive, tip-of-the-tongue analogy for Ceylon.

At first I thought the problem was a confusion between real and surreal caused by flying directly to Colombo from New York—halfway around the world turns simple jet lag into complex time warp. But now I think Ceylon is just not "like" any place: it defies easy assimilation, true perception, and broad-stroke description.

As it happens, I consider myself something of a master of the glib analogy. I take an obscure but definite delight in observing to my fellow travelers that Tuscany is just like Vermont with castles. I love writing postcards notifying my friends that I have found similarities between Virgin Gorda and Monhegan Island. My friends remain—to put it politely—severely uninterested in my observations, but I can't help myself. I am a comparative traveler.

All my instincts were thwarted in Ceylon. By the end of the trip I was reduced to the most eccentric (although, if I do say so, strangely provocative) comparisons. I sat on the terrace of the Galle Face Hotel in Colombo drinking tea and making notes. "Elephants are like rabbits," I wrote (a matter of both assuming pleasing shapes no matter how they arrange themselves). "Papaya is like catfish" (a desperate effort at analogy, I admit; but, still, there is something about both that is vaguely oily and flat tasting). "Swedes are like Indians" (I don't know why, but a Norwegian girl who had just traveled overland by bus from Norway to Ceylon told me that; and I seized on it as a truth that

might come in handy sometime).

The intelligent and philosophic resolution to my problem would have been to accept and enjoy Ceylon as it is. But, every time I thought I had "as it is" pinned down, something equally real but entirely opposite would appear. It was never less than beguiling, but it was often confusing. For example, tourists make a special effort to call the island Sri Lanka, since the government made rather a point a few years back of claiming to inspire a sense of national identity by returning to pre-colonial forms. But, the Sinhalese themselves, whose sense of identity seemed to me to be slightly stronger than that found in Texas, use Ceylon. Sometimes, for fun, they speak of Serendib or Taprobane.

"The Resplendent Isle" is also a current favorite, and I'll go along with that. I spent most of my afternoon in Ceylon deciding how many different kinds of orchids could adorn my person at once, and I passed the rest of the time trying to think of new phrases for "tropical paradise." But in the mountains I wore sweaters and had a fire in my room all night.

Sinhalese music is unaccompanied drums (loud). But the Muzak man has been everywhere, and Dean Martin's voice was too often my (loud) breakfast companion. The lowland climate is languorous. But the language, the cars, and the villagers proceed double-time. Conversations—whether in English, Tamil, or Sinhalese—include flourishes; arabesques; changes of tone, mood, and even topic in the space of a single plodding American sentence. The Sinhalese seem to have more syllables than we do and to speak in a very big hurry to fit them all in. They have also, to complete the game of conversation, mastered the English trick of stammering to hold their place while they think.

Games, whether conversational, political, or sociable, seem to be central. I am not sure whether the games are part of the contra-

dictions or whether the contradictions are the game, and I will never be sure because I could never catch up with the rules. The Sinhalese have perfected their arrangements through three or four thousand years of civilization, topped off by one hundred and fifty years each of Portuguese, Dutch, and English colonialism. The national gesture is a subtle, graceful tilt of the head. The chin rocks responsively back and forth, and a literal-minded American takes no for an answer. But, the answer is never no, it might be yes, and it is always an option-preserving "maybe." Being crafty, highly literate, and above all witty, the Sinhalese take a cynical delight in inconsistencies.

There is ample opportunity for delight. I had not expected to observe, for the first time, topless sunbathing in the European mode on the beaches of the island that Pliny describes as "the furthest outpost of the empire of Alexander the Great." Offshore, dugout canoes plied the waters in timeless patterns. On shore, the tourist, via 747, has been welcomed as the modern successor to Arab traders, Marco Polo, Portuguese voyagers, and the British raj.

Clusters of brand-new resort hotels ring the island, most of them exhibiting extraordinary architectural ingenuity. The high cost of imports and the low cost of labor produce such pleasures as mahogany balconies and shutters, hand-carved bedsteads (with caning instead of springs) copied from the old Dutch furniture, whitewashed rooms with furniture built into niches and arches. The lobby of the Neptune Hotel near Bentota Beach is the most satisfying achievement of white plaster and cool shadows I have ever seen.

On the other hand, the landscape around the ancient ruined cities of the north must be one of God's most satisfying achievements. The traditional English rest houses provide comfort and nourishment. I will never forget the morning I woke up at dawn  
(Continued on page 46)



## Sea Island—where else?

Lush semi-tropical paradise with 18 superb tennis courts, 2 spectacular golf courses. Enchanting dining and amenities with golf/tennis holiday. \$123 person double plus service, 4 days 3 nights to Mar. 14; \$205 6 days 5 nights. The Cloister Hotel, Sea Island, Ga. 31561 (912-638-3611). Out of state call toll free 800-841-3223. The Cloister



## Petit St. Vincent Resort

The Grenadines, St. Vincent, West Indies



If we weren't a little  
out of the way,  
we couldn't be  
so totally  
out of the ordinary

Privately owned out-island, crystal clear waters, superb white beaches, 22 widely separated luxurious villas, full hotel services, continental cuisine. Sailing, snorkeling, scuba, tennis. Serene relaxation. Open Nov. 1-June 1.

See your Travel Agent.  
Robert Reid Associates, Representatives  
N.Y., Toronto, Chicago, London.  
PSV, U.S. Office, Box 12506, Dept. 11  
Cincinnati, Ohio 45212 / (513) 242-1333





**The Palm-Aire person.**  
 Alive. Vital. Complete.  
 Aware of yourself. Where you're going.  
 Discovering. Growing.  
 Learning more about yourself everyday.  
 Becoming all you can be.  
 At The Spa at Palm-Aire,  
 with a personal program of diet,  
 exercise, hydrotherapy.  
 On Palm-Aire's five lush golf courses  
 playing against 90 of the most challenging  
 holes anywhere. On Palm-Aire's tennis courts  
 playing for the love of it, and more,  
 day and night.  
 In Palm-Aire's heated pools,  
 sheltered by an island of relaxed tropical landscape.  
 In the Atlantic, at Palm-Aire's palm-lined  
 Beach Club.  
**The Palm-Aire person accepts only the exceptional.**  
**Because that's who you are.**

To make reservations, use this coupon, call your travel agent,  
 or call (800) 327-4960 toll-free or (305) 971-6000 collect.



I'm interested in Palm-Aire's  
☐ Spa Plans ☐ Tennis Vacations  
☐ Golf Vacations ☐ Condominiums\*

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

The Spas at Palm-Aire for men and women.  
 Dept. 169  
 2501 Palm-Aire Drive North  
 Pompano Beach, Florida 33060

FPA Corporation. Professionals in creative living.

\*This ad does not constitute an offer to sell  
 in states where such an offer is prohibited

## Vogue Travel

CONTINUED FROM PAGE 45

and ate breakfast on the veranda of the Sigiria rest house, watching the light change on the face of the fifth-century red rock fortress.

**T**he next dreamlike days I spent wandering in the ruins of the twelfth-century city of Polonnaruwa. Clouds of white butterflies danced before Gal Vihara: three statues of Buddha cut from one huge granite escarpment. Green woodpeckers made hollow noises as we walked through the grass and flowers looking at crumbling *dagobas* (domed shrines), monks' baths carved in huge shapes of lotus petals, and the paths of ancient royal gardens.

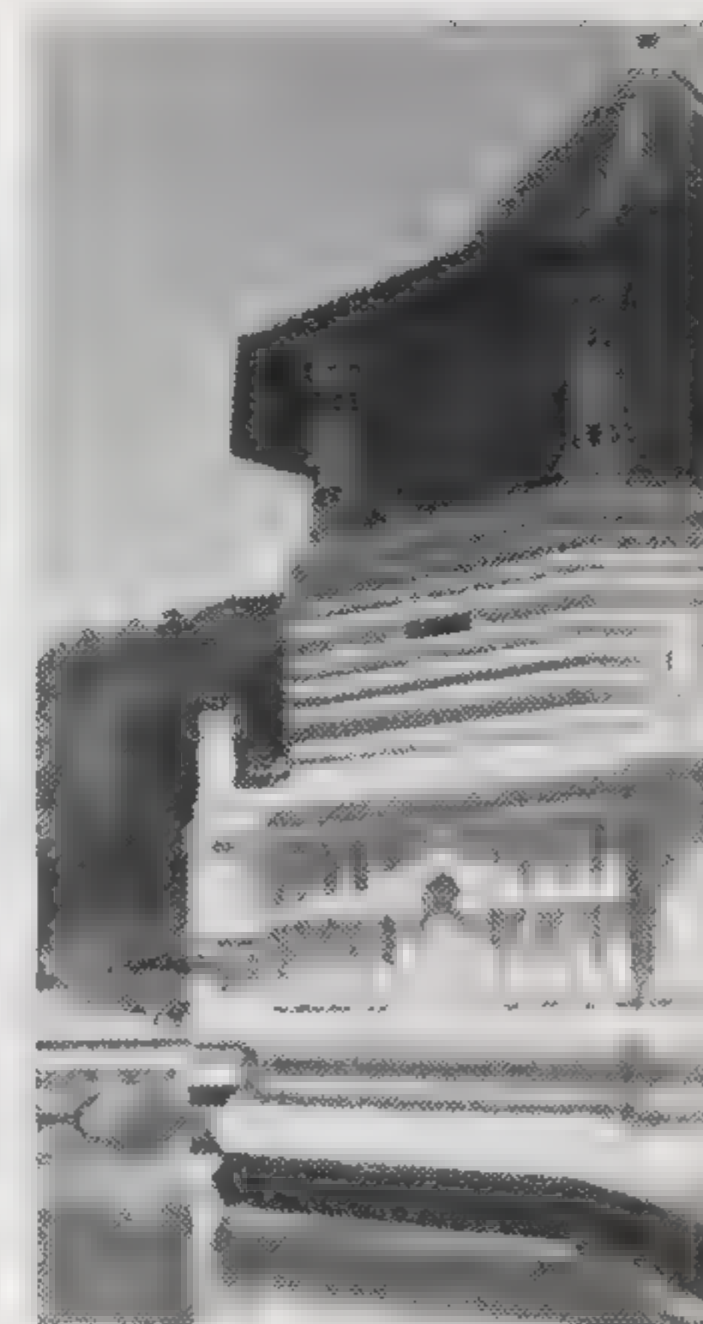
Long files of schoolchildren, dressed always in white, followed us through the grass. Pilgrims picnicked under trees, and family groups urged us to climb the terrifying iron steps to see the inexplicable frescoes of Sigiria: lightly clad, slyly sensuous ladies painted in a niche hundreds of feet aboveground. The Sinhalese are eager to please, but—and somehow this makes the crucial difference—they firmly expect to please. They are pleased themselves.

that was roasting for dinner. Fireflies began to come out; and, when it was properly dark, the storm broke. The electricity went off, and the evening was completed in the dining room by lamplight—both tourists and Sinhalese well satisfied with the display.

One afternoon, in the lobby of the Inter-Continental Hotel in Colombo, I overheard a line I would love to be sufficiently well-traveled to use. "Colombo is too wearing," remarked a tall, blond, tanned, curly-haired young man. "When I want to get away from it all, I go to the Maldives."

**W**hen British planters wanted to get away from it all, they traveled up into the cool, misty mountains to Nuwara Eliya. The first stage of the trip, from Colombo to Kandy, is like taking a roller-coaster ride through a film by Cartier-Bresson. Village life—rice threshing, water carrying, lemon-grass gathering—proceeds placidly if precariously on the precise territory also claimed by the ubiquitous Peugeot 404 car. We stopped, at last, outside Kandy, where I was urged to join a party of European tourists in mounting

### Ceylon: contrast in Kandy



Indian musical extravaganza vies with American musical extravaganza on billboards in Kandy, left; The Temple of the Tooth, right, houses relic of Buddha's tooth, venerated by millions of devout Buddhists

One evening I sat on the terrace of the Polonnaruwa rest house. It overlooked a tank—one of the huge, man-made reservoirs that are, some of them, two thousand years old. The surface of the water was absolutely still; and the clouds, which are always astonishing in Ceylon, were working up to something special.

Far across the tank, lightning began to flash, and flights of cormorants and pelicans flew overhead. The air smelled of ginger and flowers, and the wild boar

elephants and riding into the Mahaweli River. All the Sinhalese, except the elephant handlers, expressed the liveliest distaste for the entertainment and withdrew for one of their regular, hushed, intent discussions of elephants.

In Kandy, where "gaily caparisoned and richly decorated"—to use the favorite phrases—elephants parade at the annual Perahera and everyone can indulge their mystical feelings about elephants to the full, we



saw pink blossoms floating on the lake before the pink Temple of the Tooth. Some of my companions chuckled a bit at the idea of Buddha's tooth's actually being inside the temple, which was not only rude but non-comparative of them. I pointed out—with my usual deep pleasure in the pedantic—that I had seen the actual arm of St. Francis Xavier, the arm that had converted the Orient, on its pilgrimage around the United States—and a tooth seemed as exotic and equally as reasonable a relic.



### Sri Lanka colossus

*Giant statue of a king, hewn from a granite escarpment at twelfth-century city of Polonnaruwa in central Ceylon*

Nuwara Eliya is about as exotic a relic as an old pair of gardening gloves left all winter in a summer house. In the cavernous Grand Hotel, the tradition of extraordinary welcome and service continues, as it has for one hundred and fifty years. The floors vibrate as room boys pound barefooted up and down the corridors, running to deliver tea and comfort. I was only mildly surprised when my room boy crept in throughout the night to rebuild my fire, and I am ashamed to admit I would have been pleased if I had discovered he had slept across my door.

The road up to Nuwara Eliya climbs up through the tea estates. Not only does the countryside look like the Scottish highlands, the plantations are called by such names as Somerset, Rothschild, Glenloch, and Palmerston. Leopards and elephants once roamed, fair game, on the grounds of the Hill Club, which—in its stone and timbered glory—is the most English place I have ever seen. It is a hotel now, standing back from its neighbor the Grand Hotel, gardens of dahlias, and zinnias and pansies between them.

The billiards room of the Hill Club should be transported intact to London's Victoria and Albert Museum, along with the faded chintz, the leaded windows, the letters rack, and the towel

racks—firmly English but made of teak like the floors. A large photograph of a rowing club, with Prince Edward, adorns a hall, next to an even larger engraving of sheep in the snow. Stuffed fish and bears' heads molder here and there, and in the library Prime Minister Madame Bandaranaike and the Queen (surprisingly, not Queen Victoria but Queen Elizabeth) share the walls with a series of Hogarth's prints of the "Lazy and Industrious Apprentice."

The racetrack has been converted to peoples' vegetable gardens, presided over by an empty grandstand. The model colony of the Empire is now an overextended, whimsically governed welfare state. Millions of people, under "pragmatic socialism" (which looks suspiciously like oligarchy), are better off than they were but not nearly as well off as they might be on this rich island. International bankers turn to drink when they consider Ceylon's flouting of the restraints and conventions of international economics, but the government smiles and graciously accepts, in lieu of wary investors, presents. Little baubles like an airport from Canada, a convention center from China. The remnants of the old elite have taken their money and fled to Australia, and a new elite—hotel managers—stand ready to help redress the balance of payments.

One sinks into an armchair in the Hill Club's reading room and admires the tone of enthusiastic toadying adopted by the nation's newspapers. They carry it just a couple of witty, cynical notes too far, and everyone is therefore quite well informed and prepared to argue politics with visitors. The manager, working his way backward from détente, produced the club's collection of Suggestion Books. In 1890, the members were querulously demanding to know "if the flies are members" and pointing out that "one billiard ball is insufficient for the billiards room." Hours of service in the bar, the condition of ink pots, and the ventilation of bedrooms variously enraged the succeeding generations of members.

And, at last, on December 4, 1971, the faltering hand of Major Willoughby Nelson Hayes, Appletree Cottage, Osmington, Dorset, England, made the final entry: "I do pray that this wonderful living example of the old English way of life may be preserved for the education of all those of all countries who are lucky enough to come to this beautiful island." ▽

Europe's finest store...now in America



"SILVERLINE" WALL SYSTEM, CATALOGUE PAGE 45, COPYRIGHT ROCHE-BOBOIS © 1976

PARIS  
LONDON  
NEW YORK  
BOSTON

SCARSDALE  
ROSLYN Hts.  
PARAMUS  
WESTPORT

COLUMBIA Md.  
CORAL GABLES  
FT. LAUDERDALE  
WINNETKA

MONTREAL  
OTTAWA  
QUEBEC  
TORONTO

## ROCHE-BOBOIS™

Catalogue • 132 color pages, Send \$3 Dept. V-22, 200 Madison Ave., NYC 10016

## Peter Island offers nothing

This is why people keep coming back. Certainly you can sail, snorkel and ride. But you can also think, in peace and solitude. Of course you can fish, canoe, hike and scuba dive. But you can also do nothing at all and enjoy it as never before.

Peter Island Yacht Club is in the British Virgin Islands. It is remote, beautiful, expensive and exclusive. Very good travel agents know about it.

Peter Island.

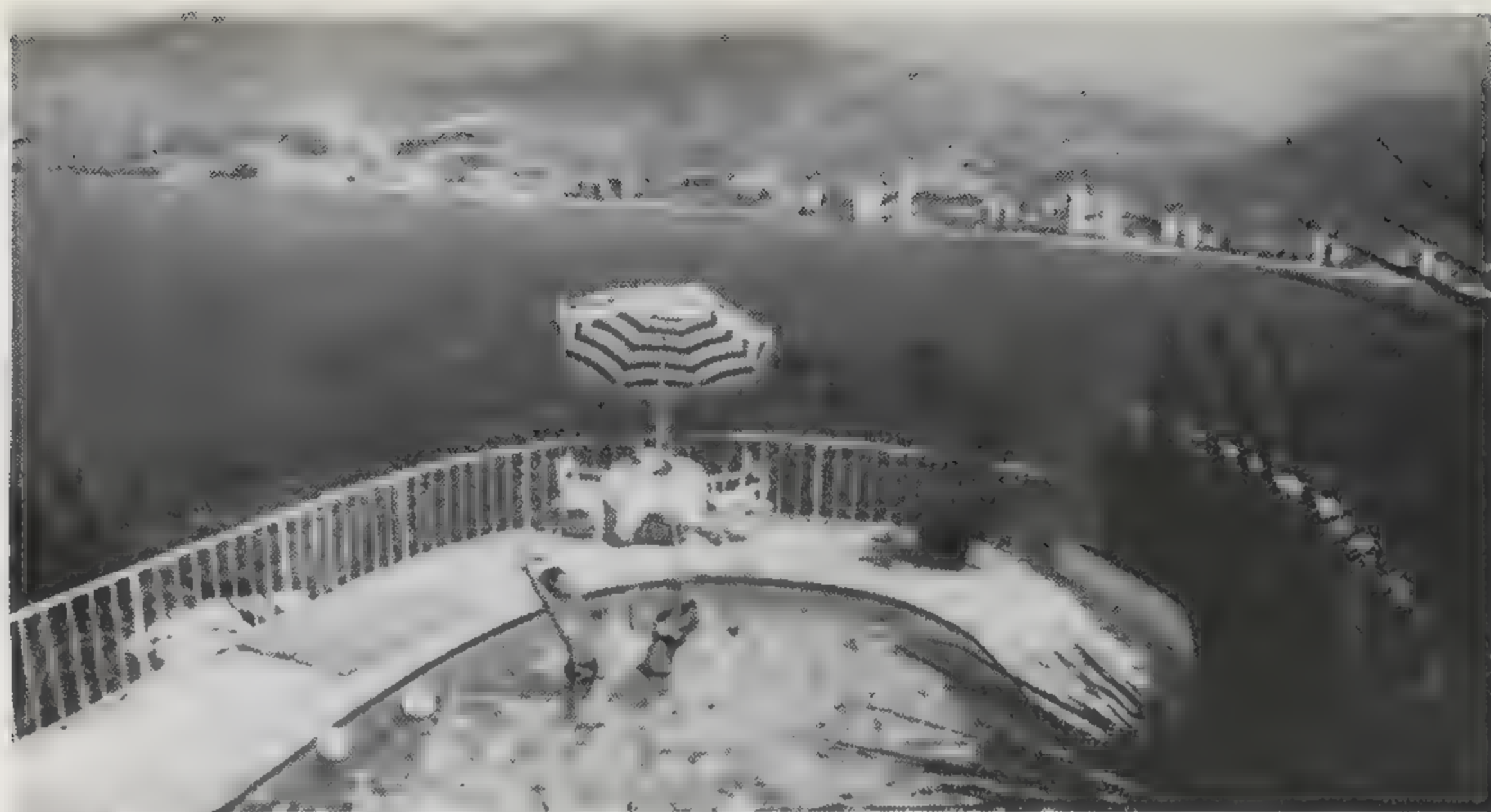
Not for every Tom, Dick or Harry.

### Peter Island

Peter Island Yacht Club, British Virgin Islands

Call Loews Reservations, Inc.  
throughout the United States for  
immediate confirmed reservations





HOTEL  
**las brisas**  
ACAPULCO

"Greatest resort hotel in the world"—Esquire

CALL FREE 7 DAYS  
A WEEK 1-800-527-6168

IN TEXAS 1-800-492-6824 • IN DALLAS 724-1491

200 POOLS • 250 CASITAS • 150 JEEPS

In Winter, Las Brisas basks in brilliant sunshine. Enjoy your air conditioned casita, private terrace, private or sharing pool, the contents of your private bar/refrigerator. A perfect climate for your complimentary continental breakfast and bowl of fresh fruit. Enjoy membership in private La

Concha beach club with its pools and all sports, access to Bella Vista for dining and dancing, membership in the exclusive tennis and backgammon club. Jeep at nominal rental; no tipping policy; one or two children sharing your quarters at no extra cost. Winter. A good time for a good time at Las Brisas.

HOTEL  
**las brisas**

P.O. Box 281, Acapulco, Mexico OR SEE YOUR TRAVEL AGENT NOW!



**Lago Mar**  
A RESORT CLUB

FORT  
LAUDERDALE,  
FLORIDA

#### A PARTICULAR PLACE FOR PARTICULAR PEOPLE

800' of magnificent beach fringe this sub-tropical island-like estate, enhanced by an extravagance of pleasure facilities including its own private country club with an 18-hole PGA golf course, 3 pools, 12 tennis courts (5 lighted), etc. Rooms, efficiencies, apartments, oceanfront villas. Your inquiry is invited. Reservations only.



**Vogue Travel** By Despina Messinesi

## Tips to go on—Cancún

Facts you need to visit the Caribbean's new resort haven, the Yucatecan island of Cancún; more about Cancún on page 124

### island lodgings

**Villas Tacul:** twenty-three air-conditioned villas (two to five bedrooms) with private beaches, pool. Hire a cook or eat in dining room; play tennis day or night. Daily rate, four persons sharing two-bedroom villa: \$120 including Continental breakfasts, maid service, airport transportation.

**El Presidente:** newest of luxe Mexican-government-owned beach hotels; views of sea, lagoon, and of Cancún's eighteen-hole golf course being groomed for play; air-conditioned rooms. Rates including breakfast and dinner for two persons in a double room, \$68 per day.

**Camino Real:** largest hotel in Cancún with beach on one side, lagoon on the other; looks like a balconied Maya pyramid. Air-conditioned double room including breakfast and one meal for two persons, \$88 a day.

**Hotel Cancún Caribe:** façade honeycombed by balconies of air-conditioned rooms, each with two queen-sized beds; overlooks beach, lagoon—for water skiing and sailing—pools, palms. Double room, including breakfast and one meal for two persons, \$78 a day.

**Garza Blanca Hotel:** luxurious air-conditioned bungalow suites have living room with bar and refrigerator, bedroom, one-and-a-half bathrooms—some with balcony, some patio, others pool. Two-bedroom suites have all three, an extra bathroom. Main building: boutiques, bar, dining room; large pool and snack bar close by. A suite for two, \$80 to \$90; for four persons, \$120 a day.

**Club Méditerranée Village:** on the southern tip of Cancún Island—shaped like an enormous fishhook—stuns by its design. Scheduled to open this spring, the white bungalows now being readied stand on stilts above the lagoon.

### ancient sights

A network of good roads fans out from the play world of Cancún to the ancient Maya wonders.

**Tulum,** with best-preserved frescoes, an eighty-mile drive south from Cancún. Easy all-day excursion with time for a lunch, a swim in lagoon, Xelha (Mayan for "clear water").

**Cobá,** the largest Maya site in the northeastern Yucatán—thirty miles inland from Tulum and a three-hour drive from Cancún—overlooking two lakes floating lilies. (For more on Cobá, see page 126.)

**Chichén Itzá**—spectacular buildings, hand-carved stones—you drive on new double-lane highway, two and one-half hours. Pleasant day trip, but get an early start.

**Uxmal complex,** some seventy-five miles (two hours) from Chichén Itzá; shrieking birds nest in the temples and encircling jungle.

**Mérida,** a large city on the road to Uxmal, an hour from Chichén Itzá: busy all year; horse-drawn carriages, good Yucatecan restaurants and shops.

### buys:

The new Cancún Shopping Center and the hotel boutiques sell those pretty flowered Mexican straw sombreros, embroidered huipils (Mayan dresses), other handicrafts, and cosmetics.

### resort-life wants:

- Sunscreen lotion
- Day-sports clothes
- Cover-up for swimsuit to protect shoulders when snorkeling
- Glamorous evening clothes—long or demi-long dresses, sophisticated jump suits

### see-site day-trip needs:

- Flat-heeled rubber-soled shoes (Maya obsession with steep steps is hard on leg muscles)
- Sun-block cream and a parasol
- Bottled drinks: local beer, Coca-Cola, or mineral water
- Cool clothes for steamy heat

### cancún bound:

Plane service makes formerly isolated Cancún easily accessible. From New York, Air France 707's flying nonstop every Thursday take off from JFK at 1:45 P.M., land at Cancún's International Jetport at 4:45 P.M. Northbound flights leave every Thursday at 6:15 P.M., allowing passengers almost a full sea-sun day.

Aeromexico flies to Cancún via Mérida from Houston four times a week at 5:30 P.M.; Mexicana Airlines makes the short hop from Miami to Cancún, about ninety minutes, three times a week. Because of the time change, you arrive almost before you leave: 6:15 P.M. takoffs from Miami land in Cancún at 6:40.

Pleasant roundabout way of going to Cancún: sail from Miami on the new white cruise ship, m/s *Bolero*. Leaving Miami any Saturday at 7 P.M., you can cruise over the weekend, glide into Cozumel harbor at 8 A.M. on Monday. From Cozumel, either hop aboard the Aerovías Caribe for the twenty-minute flight to Cancún or sail across on a launch to Puerto Morales and take a thirty-minute cab drive to Cancún.





# VOGUE REAL-LIFE FASHION GUIDE

\$2.00

1976

## NOW

### THE MOST COMPLETE YEAR-ROUND GUIDE TO FASHION

An all-new annual publication tells you the quickest, easiest ways around to look great for the life you live. 1,000 expert tips on what to wear with what: clothes...accessories...makeup—the works! Don't miss it. On sale at your newsstand in February!

If you are unable to obtain a copy of the new VOGUE REAL LIFE FASHION GUIDE at your favorite newsstand, you may send check or money order, for \$2.50 (which includes postage and handling) payable to VOGUE REAL LIFE FASHION GUIDE, to the following address: VOGUE, Dept. VFG, P.O. Box 1910, Grand Central Station, New York, N.Y. 10017.



## VOGUE to GO:

Please check the brochures you would like to receive and return this column to VOGUE, Department T, P.O. Box 3374, N.Y., N.Y. 10017, BEFORE JUNE 1, 1976.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

## WHERE to GO:

- 501 ☐ CANCÚN, MEXICO  
Brand-new Caribbean resort off Mexico's fabulous Yucatán.
- 301 ☐ SRI LANKA (CEYLON)  
The resplendent island country in the Indian Ocean.

## HOW to GET THERE:

- 601 ☐ AIR FRANCE/  
ONE WEEK CANCÚN  
HOLIDAYS
- 602 ☐ MEXICANA AIRLINES/  
CANCÚN-YUCATÁN  
PACKAGES
- 603 ☐ AEROMEXICO/  
YUCATÁN-MEXICAN  
CARIBBEAN
- 604 ☐ M/S BOLERO/  
CRUISES TO COZUMEL  
(CANCÚN)
- 605 ☐ SWISSAIR/  
TOURS TO CEYLON
- 606 ☐ AIR INDIA/  
TOURS TO CEYLON, INDIA,  
NEPAL

## STAYPLACES in Cancún, Mexico:

- 801 ☐ VILLAS TACUL
- 802 ☐ EL PRESIDENTE HOTEL
- 803 ☐ CAMINO REAL HOTEL
- 804 ☐ GARZA BLANCA HOTEL
- 805 ☐ CLUB MEDITERRANEE

## SUNSPOTS:

- 811 ☐ THE CLOISTER,  
SEA ISLAND, GEORGIA
- 806 ☐ THE SPA AT PALM-AIRE,  
POMPANO BEACH, FLORIDA
- 807 ☐ THE LAGO MAR HOTEL,  
FORT LAUDERDALE,  
FLORIDA
- 502 ☐ FREEPORT/LUCAYA,  
GRAND BAHAMA ISLAND
- 808 ☐ PETIT ST. VINCENT RESORT,  
THE GRENADINES,  
WEST INDIES
- 809 ☐ PETER ISLAND,  
BRITISH VIRGIN ISLANDS
- 810 ☐ LAS BRISAS,  
ACAPULCO, MEXICO
- 503 ☐ WAIAKEA RESORT VILLAGE,  
ISLAND OF HAWAII, HAWAII

## Vogue Food

CONTINUED FROM PAGE 44

### Brains with Capers

twelve servings

2 tablespoons vinegar  
4 sets calves brains  
4 tablespoons lemon juice  
Salt and pepper  
Butter  
Parsley leaves  
**Caper Sauce Ingredients:**  
12 tablespoons butter (1½ sticks)  
Salt and pepper  
¾ cup drained and slightly  
mashed capers

Add vinegar to enough cold water to cover brains and soak 1 hour. Remove membranes. Put the same amount of water in a pot, add lemon juice, salt, pepper; bring to a boil. Add brains, reduce heat, simmer 15 minutes. Drain; put brains into a bowl of cold water for 15 minutes to make firm. Put brains in a well-buttered baking dish, season with salt and pepper, dot generously with butter, bake in 400° oven for 15 minutes.

Make caper sauce: cook the butter till brown, then add salt, pepper, capers. Pour over baked brains, garnish with parsley, serve.

### Wild Rice Salad

twelve servings

3 cups wild rice  
Salt and freshly ground pepper  
3 heads Belgian endive, trimmed,  
and cut into ⅛-inch slices  
3 bulbs fennel (or 3 stalks of  
hearts of celery), trimmed and  
cut into ⅛-inch slices  
1 cup mayonnaise  
¼ cup milk

In a large pot bring 3 quarts water to the boil. Add rice and 1 tablespoon salt, cook 45-55 minutes or till rice is tender but not soggy. Drain thoroughly under running cold water to stop the cooking. Let drain till completely dry. Put rice into a large serving bowl, season lightly with salt and pepper. Mix in endive and fennel. Make mayonnaise according to your favorite recipe. Thin the mayonnaise by adding the milk gradually till it is well combined; stir into the rice, trying not to mash kernels. Correct seasoning, serve.

**Suni Agnelli's Tip:** Mayonnaise thinned with milk also makes an excellent light dressing over sliced raw mushrooms that have been seasoned with salt, freshly ground white pepper, and lemon juice and sprinkled with chopped parsley or chives.

### Prosciutto Rolls with Lentil Puree

twelve servings

2 onions, coarsely chopped  
3 tablespoons olive oil  
1 cup dry white wine  
2 cups dried lentils  
1½ teaspoons salt  
½ teaspoon sugar  
2 bay leaves  
1 cup canned Italian tomato  
puree  
Freshly ground pepper  
24 thin slices of prosciutto,  
ham, or mortadella  
Parsley leaves

Sauté onions in the oil in a large heavy casserole with a tight-fitting cover till translucent but not brown. Add wine and cook till wine has evaporated. Add lentils, salt, sugar, bay leaves, tomato puree, and enough boiling water to cover. Bring to a boil, cover tightly, simmer for an hour or till lentils are soft. When necessary, add boiling water.

When cooked, remove bay leaves, and puree mixture in a blender. Taste for seasoning, adding more salt if needed and some freshly ground pepper. The puree should have the consistency of a thick paste. If it doesn't, return it to the pot, and reduce it over medium heat, stirring, until it does. Let it cool a bit, then roll a tablespoon or two of puree in each slice of prosciutto or ham. Put any remaining puree on an oven-proof platter, arrange the ham rolls on top, and keep warm in a low oven. Garnish with parsley and serve.

**G. and F.'s Tip:** 2 cups canned lentils can be substituted, in which case omit bay leaves and boiling water. Just heat, proceed with recipe.

### Fig and Grape Pie

twelve servings

**Dough:**  
3 cups sifted pastry flour  
1 teaspoon cinnamon  
1 cup sugar  
Pinch of salt  
2 eggs and 1 egg yolk, lightly  
beaten together  
1½ sticks butter, chilled  
and cut into ¼-inch slices  
Grated rind of 1 lemon

**Filling:**  
1-pound can Kadota figs in syrup  
1-pound jar brandied figs,  
Raffetto brand  
2-3 cups unpeeled seedless grapes  
1 cup raisins, soaked in enough  
brandy just to cover  
1 teaspoon cinnamon  
1 tablespoon sugar  
½ cup zwieback crumbs  
(can be made in a blender)

Sift flour, cinnamon, sugar, salt together; place in a bowl making a small well in the center. Put eggs, butter, lemon rind in the well; working quickly, make a dough. Do not add water unless absolutely necessary to hold dough together, then add very little. Shape into a ball; chill in refrigerator for an hour or in freezer for 20 minutes.

#### Filling:

Drain all the figs, save liquid. Soak raisins for 20 minutes; drain, reserving brandy. Put brandy in a saucepan with some liquid from each kind of fig. You should have about ¾ cup altogether so some of the liquid will be discarded. Add cinnamon and sugar; boil till reduced to half its amount. Reserve.

Roll out the dough and line the bottom and sides of a large spring-form baking pan (10"x2" high). Save leftover bits of dough. Sprinkle the bottom of crust with zwieback crumbs. Arrange figs, raisins, and grapes in the pie, using equal amounts of the plain and brandied figs. You probably will not have room for all the figs, but should use about 3 cups of combined figs. Pour some of the reduced syrup over the fruits. Crumble any remaining dough over the top and bake at 375° for 40-60 minutes or till crust is well browned. Serve cool or lukewarm.

### Baked Melon

twelve servings

3 ripe cantaloupes  
Grated rind and juice of  
1½ lemons  
2 tablespoons each vanilla,  
honey, and Cointreau

Cut each melon in half. Scoop out and discard seeds and strings. Peel off and discard rind and unripe greenish part of melons. Cut melon pulp into strips about 1"x1"x2". Put into a baking dish; sprinkle with lemon rind. Mix together lemon juice, vanilla, honey, Cointreau; pour over melon pieces. Bake in a medium oven 20 minutes. Serve cold. Even more delicious served with whipped cream.



\*Slightly higher in some states.



## BODY BY ROXANNE



U-neck maillot in a magnificent scarf print of Antron<sup>®</sup> nylon/Lycra<sup>®</sup> spandex. Sizes 32-38, B,C,D. \$32.00.\* Beach hostess separates in see-thru nylon sheer. Bow-tie jacket. S,M,L. \$32.00.\*

Pants, S,M,L. \$26.00.\* Side-slit long skirt (not shown), \$26.00.\* At better swimsuit departments only. Write: Roxanne Swimsuits, 1411 Broadway, New York, N.Y. 10018.



# HEALTH

**■ New fix-everything antibiotic . . . new sound-system against cancer  
■ . . . new medical use for marijuana . . . re-cap on o-o-old high blood pressure**

## ■ ON THE WAY— SUPERDRUG

Scientists at the Merck Sharp & Dohme Research Laboratories have a new antibiotic combination they believe will be effective against all the disease-causing bacteria known to man, including the antibiotic-resistant strains.

The new substance is made up of the compounds known as DFA and PCS, which work together to prevent the building of cell walls by disease bacteria. In test tubes and in laboratory animals, the drug is an efficient infection killer, even against the highly resistant *Pseudomonas* that endangers life for many hospital patients. The new antibiotic can be used orally or by injection and has the added virtue of not destroying the friendly lower-intestinal flora, because it is absorbed in the upper intestine.

Now, human therapeutic trials are necessary, to bring in all the answers on the effectiveness of DFA-PCS as the almost-everything antibiotic for people.

## ■ PRE-BIRTH TESTS SCORE HIGH

The medically recommended prenatal test for possible birth defects, done by taking a sample of the fluid that surrounds the fetus and called amniocentesis, is particularly urged for women who are pregnant at ages of thirty-five and older, when chances for congenital abnormalities are statistically higher. Dr. Arthur J. Salisbury of the National Foundation-March of Dimes gave cheering news on amniocentesis results over a year's time. Of more than two thousand pregnant women who had amniocentesis because of suspicion of birth defects, more than 97 percent were assured that the baby was normal.

This low rate of chromosome problems is a good reason for having the amniocentesis test, according to Dr. Salisbury, if you are pregnant and in the upper age bracket. "Without definitive answers," he said, "many patients, as in the past, might have unnecessary abortions on the basis of statistical odds alone."

## ■ SOUNDING OUT CANCER

At the Massachusetts Institute of Technology, medical and engineering scientists are working together on an ultrasound system that can destroy or shrink tumors by applying heat to cancer cells, which are more susceptible to high temperatures than those of healthy tissue. Padmakar P. Lele, M.D., Ph.D., a professor of experimental medicine, said that ultrasound—too high for human ears—can be used to focus heat on an internal tumor and to raise tissue temperature to about 108 degrees Fahrenheit. Some tumors will be destroyed by the fever-pitch warmth, some will shrink, and some may not be affected at all. "But if ultrasound doesn't work, at least it will do no harm," said Dr. Lele.

There is also evidence that the heat treatment may increase the sensitivity of tumor tissue to further treatment by X-rays and drugs. Dr. Lele said the ultrasound system for cancer treatment may be ready for use within a year, if methods can be developed for monitoring internal temperatures so doctors can control ultrasound dosages.

## ■ WHEN GAMMA GLOBULIN DOESN'T WORK

People who have been accidentally exposed to hepatitis B infection, and others who work in jobs with high risk of the infection, often are given protective gamma-globulin shots. These injections of globulin, a human blood fraction, called passive immunization, do not introduce the disease virus itself but depend on antibodies to help ward off infection.

Dr. Alfred Prince of the New York Blood Center and Dr. George F. Grady of Tufts University in Massachusetts compared the effectiveness of gamma globulins containing low, intermediate, and high levels of antibodies against hepatitis B. They found the high-antibody globulin did give significant temporary protection—but the number of cases of hepatitis later indicated the protection was transitory. In fact, the doctors suspect that the borrowed antibodies may even impede the development of natural immunity.

Gamma-globulin shots may be most effective as a short-term shield against a strong, recent exposure.

## ■ PRESCRIPTION: POT SMOKING

Marijuana can be of medical help, doctors have found, to cancer patients who are taking powerful drugs that cause nausea and vomiting. A major problem in the use of such anticancer agents as adriamycin, nitrogen mustard, cyclophosphamide, and methotrexate is their nauseating side effect, often not relieved by conventional medicines.

In Boston, Dr. Stephen E. Sallan, Dr. Norman E. Zinberg, and Dr. Emil Frei, III, tested out reports that marijuana helped the sickness caused by cancer drugs. They gave gelatin capsules to twenty-two patients under cancer treatment and suffering from the drug-caused nausea. Some capsules contained tetrahydrocannabinol, the active agent in marijuana; others carried only pure sesame oil. In a crossover experiment, each patient took both kinds of capsules at different times.

The research team proved that marijuana is indeed effective in relieving the nausea of cancer medications. Smoked or given orally, marijuana's active agent was effective. Patients' appetites improved, and there were no hangovers or delayed effects.

## ■ DOCTOR-TALK ON HIGH BLOOD PRESSURE

A frustrating problem that worries physicians everywhere is getting the one out of every five people in the U.S. who suffer from hypertension to take their high blood pressure seriously enough to follow medical directions. In the Medical Horizons Postgraduate Education program, a sequence of medical meetings cosponsored by Ciba Pharmaceutical Co. and university medical schools doctors expressed these viewpoints:

- "If only hypertension hurt a little bit," said Dr. Norman Kaplan of Dallas, clinical professor of medicine at Texas Health Science Center. Since people may have high blood pressure for ten or twenty years without any symptoms, they may not get the treatment they need. Unless it is kept under control, high blood pressure damages blood vessels all over the body, is a major cause of strokes and heart attacks.

- Both patients and their doctors should learn the importance of bringing high blood pressure under control, said Dr. James Schoenberger, professor of preventive medicine at Rush-Presbyterian-St. Luke's Medical Center in Chicago. Often, doctors are reluctant to treat hypertension patients who have no symptoms but will have drug side effects when they are treated, Dr. Schoenberger said. Surveys show the public is less concerned about hypertension than about cancer or diabetes.

- The most effective way to get high-blood-pressure patients to take their medicine faithfully is to teach them to monitor their own blood pressure at home, said Dr. R. Brian Haynes of McMaster University School of Medicine in Hamilton, Ontario.

- Dr. Allen J. Enelow, who heads psychological and social medicine at the Pacific Medical Center in San Francisco, said doctors must motivate their patients by inspiring both hope and fear—enough of both to keep patients on their medications.

## ■ NEW EYE SAVER— IT'S A GIFT

Human corneas donated for sight-saving transplant surgery can be preserved for days in a nutritive liquid that keeps them fresh and viable, thanks to two University of Florida ophthalmologists—Dr. Bernard E. McCarey and Dr. Herbert E. Kaufman. Until the doctors' discovery, donated eyes had to be used shortly after removal, or else stored by special freezing process that required costly equipment and highly trained technicians. Now, eye tissues can be just refrigerated in fluid. Surgeons can schedule eye-transplant operations more favorably, instead of having to operate promptly as corneas become available. The two doctors are making the solution available to eye banks free of charge.



# SMIRNOFF SILVER<sup>®</sup>



THE SILVER MARTINI.  
FOR PEOPLE WHO WANT A SILVER LINING WITHOUT THE CLOUD.

SMIRNOFF SILVER. NINETY POINT FOUR PROOF. SMIRNOFF LEAVES YOU BREATHLESS.<sup>®</sup>

SMIRNOFF SILVER<sup>®</sup> VODKA, 90.4 PROOF. DISTILLED FROM GRAIN. STE. PIERRE SMIRNOFF FLS. (DIV. OF HEUBLEIN, INC.) HARTFORD, CONN.



# Come Outdoors with Bonne Bell.



Don't just sit there. All over America, women are exercising. Being healthy is the name of the game now. And Ten-O-Six Lotion is the cleanser for today's alive, fresh, healthy look. So follow Bonne Bell's honest beauty plan: Exercise your body. Ten-O-Six your face.



# BOU**T**IQUE

## 2 terrific T-shirt wardrobes



Sun weekends!

BARBARA BERSELL

**3. A super lift for January when it's cold...THE NEWEST JEANS!** Narrow legged and ankle tied (\$58). French Jean Store, 227 E. 60th St., N.Y. To wear with a pair of cream Shetlands (\$75 each). Jaeger, 818 Madison Ave., N.Y. Knitted-wool-topped and rope-soled espadrilles, \$15. Putumayo, 142 E. 73rd St., N.Y.



1. The shirt to live in: écreu cotton knit mandarin-collared T-shirt pull-over, to wear loose or rope belted, \$30. Its écreu cotton knit mates (sketched): Tank, \$9; draw-string shorts, \$14; tiny "T-shirt" bikini, \$12; boat-necked short-sleeve T-shirt, \$14; mid-calf wrap sarong skirt, \$26; halter-neck wrap sundress, \$40; and for pretty-evenings (tiny photo), low plunging wrap-dress, \$40. All from Tric-Trac. (Shorts, bikini, sarong and dresses by Betsey Johnson for Tric-Trac.) All available at Betsey, Bunky and Nini, 744½ Madison Ave., N.Y.; Ultimo, Chicago; Yarmo, Berkeley, Calif.

### Sun play...

2. The niftiest T-shirt wardrobe for tennis: Navy cotton knit hooded "sweatshirt" cardigan (\$25); over white square necked tank T-shirt (\$15); white cotton knit pull-on shorts (\$14). Sketched: For cool day-playing and the super way to look to and from the courts... white cotton knit back-wrap skirt (\$28). For "warming-up" and the perfect lunching-finish with hooded cardigan...navy cotton knit straight-legged pull-on trousers (\$20). All by Judith Lowe at Tennis Lady, 765 Madison Ave., N.Y.

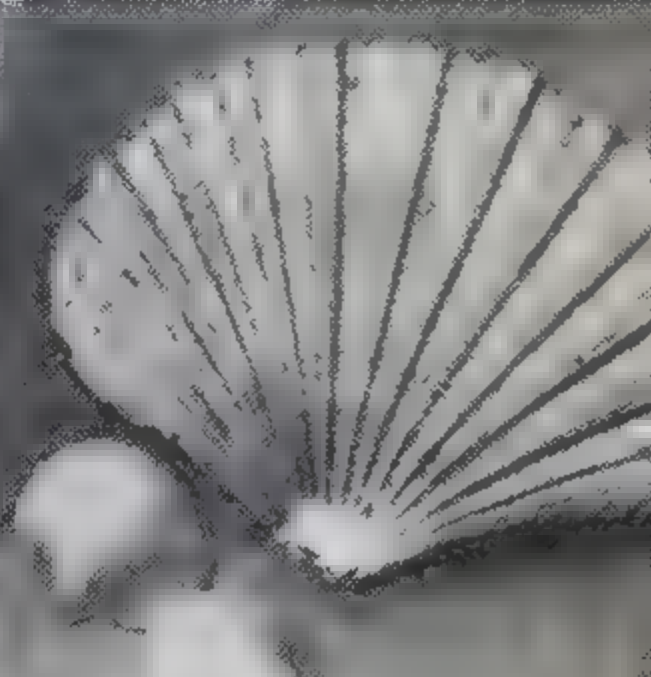
ARTHUR ELGORT

## January super-find



4. One always wished for it... a thick cotton knit sweatshirt to-the-floor! Hooded and kangaroo-pocketed (like the authentic short ones) to cuddle in all winter and the best warmer after a day of summer swimming! To collect in pale mint, sky and royal blues, pale yellow, and red! \$9.99 (plus \$2 postage). I. Goldberg & Co., 902 Chestnut St., Phila., Penn. 19107.

**THE NEWEST "BRANSFORD SUN-JEWELS"**  
Handcarved silver seashell buckle, \$200; silver seashell earrings, \$65. Helen Bransford at Bonwit Teller, N.Y.



**Easy sun-charming . . . 5.** Helen Bransford, talented, young jewelry designer...her navy-and-white pansy-printed cotton knit off-the-shoulder "jumpsuit" from Noi. \$115. Bergdorf Goodman, N.Y. Smashing touch: her silver seashell buckle and earrings (see inset above right).

## For weekend essentials or the prettiest most appealing way to travel in the sun....

The best collection of woven straw traveling cases: 6. From left to right: Chinese bittersweet lacquered bamboo basket, 14" X 8" X 6", \$46; burnt brown lacquered bamboo basket, 9½" X 7½" X 5", \$16; natural-and-brown woven bamboo suitcase, 17" X 12" X 8", \$48 for set of two. All from Boxer and Ashfield at Jenny B. Goode, 1194 Lexington Ave., N.Y. Bamboo attaché case, \$30, Banana, 246 E. 51 St., N.Y. 7. Under right arm: woven straw (sea grass) duffel, \$16; at Banana. In hand: large lacquered natural-and-sanguine woven bamboo suitcase, \$30, and small bamboo attaché case, \$15. Both from Boxer and Ashfield at Jenny B. Goode.



## Sun cases to collect



So the secrets about your skin remain secret.



We all share certain secrets about our skin. Because when it comes to skin the truth can often hurt. And there are few things more painful to a woman than exceptionally dry skin, wrinkles around the eyes, or excessively oily skin.

Which is why Orlane created these four very special beauty treatments. So you won't ever have to worry about your skin betraying you again. In fact, using such very fine beauty treatments as Orlane's is the most assuring way to know your secret is being well kept.

**Fluide Eye Baume a la Gelée Royale:** Fluide Eye Baume was created specifically to minimize the tiny lines, and reduce the puffiness that often surround the eyes. Its rich formula and special properties are absorbed by the skin almost as soon as it is applied. And it is the only treatment for the eyes that can be worn all day long.

**Body Treatment Lotion:** Your entire body will feel softer, smoother and more youthful from this milky-rich, non-greasy moisturizer. Apply after your bath, its precious ingredients penetrate instantly. Because the lotion is scent free, it won't fight your perfume. And it is es-

pecially effective for giving troubled areas as elbows, knees, and heels a satiny appearance. Included is a smaller plastic container for traveling.

**Crème Oryane (For the throat):** The first cream to contain a unique combination of ingredients designed to help firm and strengthen the skin in the throat area.

Crème Oryane is immediately absorbed and works continuously to keep your throat and neck younger and more beautiful looking. Due to its non-greasy formulation it can be worn all day or night.

**Base De Maquillage Peau Grasse (For oily skin):** An under make-up base that keeps oily skin under control. Its special derivative, exclusive to Orlane, neutralizes the skin's oils. And its gentle light emulsion contains substances which prepare the oily skin for make-up. Apply regularly to banish shine and prevent your make-up from streaking or turning color.

The entire Orlane collection is sold by trained consultants at finer stores throughout the United States and Europe.



**ORLANE.**

An advantage shared by the world's most beautiful women.

Orlane, 680 Fifth Avenue, New York 10019. Paris.



1976

LIVE IT

UP—

REALLY

It's a new year and there's no one to prove it's going to be better or worse, or hotter or colder, or calmer or crazier than a lot of other years. One thing 1976 alone is—the 200th birthday of this country. Now that's a gold star to send this year to the head of its class! What, in 1976, is going to send us to the head of our class? Action, we hope. Refusing to sit around and wait for someone else to do for us whatever we believe has got to get done. Want to look better? Okay. Look better. Feel better? Take steps to take care of yourself. Want to accomplish something for others and for your country? You will if you don't let the word "but" pull you down. "Either/or" can balance a seesaw but it can't win a race. In this country, as Margaret Mead pointed out, there are no majorities. You—you singular—are one valuable minority. What you do counts. So, this year live it up—we don't mean high—we just mean UP.




# 1776

Young, blooming,  
in her twenties,  
flocked with  
children and  
chores, she had an  
expected life-span  
of 35.5 years—little  
enough time for  
the work of her  
family's survival.

DETAIL FROM "THE SARGENT FAMILY"  
ARTIST UNKNOWN, c. 1400. OIL ON  
CANVAS, 193 1/2 x 503 1/2". GIFT OF  
EDGAR WILLIAM AND BERNICE  
CHRYSLER GARBISCH. COURTESY OF  
THE NATIONAL GALLERY OF ART,  
WASHINGTON, D.C.







# 1976

Young, blooming, in her twenties, with health, mobility, and an open option on what she'll do—she has 71.9 years in which to do it with the excellence only free choice can give. She's 200 years ahead.

GEORGE BENEFIT SWEATER

FASHION DETAILS, STORES, AND ACCESSORIES

NEXT TO LAST PAGE

ARTHUR ELGORT

## THE 200-YEAR WOMAN









# FASHION '76

## THE WORD

**The news is color!**—and the change to the most appealing tint-of-color colorings (see, opposite). Pale, subtle, *clean* colors: banana (don't think of the peel, think of what's inside!) . . . pale grey with a touch of blue in it . . . beige with the slightest drop of pink—a *blush* of beige . . . Devonshire cream. They are the new neutrals—the most sought-after colors for skirts, coats, jackets—all the outer layers. . . . Bright colors are accent colors: red for a crêpe de Chine shirt that gives new dash to grey flannel trousers . . . a flash of cobalt-blue scarf to wrap the waist. . . . It's as though a fog had lifted—a fresh breeze of color is blowing through fashion and cleansing everything!

**The news is texture!**—the key to dressing today. Soft textures, soft, thin, “good” to-the-touch fabrics—fabrics that lend themselves to being unlined: the thin dry wools, crêpe de Chine, fine cotton knit. Nothing droops, nothing clings; fabrics slide and just touch on the body—a shirt of palest blue crêpe de Chine and a heathered wool jersey skirt under an unlined tiny-check jacket in thin wool gabardine. It's what layering is all about now—the *balance* of textures, the *balance* of tones, the *balance* of color. And it extends right across the board to every single accessory you add; you know automatically that a heavy leather belt with hardware won't go; a soft braid of woven leather belt will; hemp will, rope will. It's why you're going to see pale, semi-precious and mineral-looking stones—razzle-dazzle jewelry is out of the mood . . . out of balance.

**The line is narrow**—not tight or confining (see sketches). But narrow as in narrow-falling—the way soft, air-catching fabrics naturally fall—it's not the quantity of fabric that makes the line narrow, it's the quality! . . . What you won't find: anything harsh, stiff, abrasive; anything that smacks of work clothes or “uniform”: top stitching, epaulettes, flap pockets—a pocket is something you want to slide your hand in and out of—it fits the mood of the clothes. . . .

**The key shapes of '76:** the shorter coat—call it  $\frac{3}{4}$ ,  $\frac{7}{8}$ , whatever—it's shorter than skirt length—and it works with a skirt (besides being the best coat-length ever invented for pants!). . . . The new shape of skirt—a slit front or a narrow wrap skirt . . . sometimes with front pleats, always with the ease of

# IS PRETTY!

pants. . . . The soft, collarless, silky shirt—the base for dressing, day and night (with a soft matching skirt, it's the prettiest new turn on a pyjama at night). . . . The jacket—a thin, unlined, unconstructed lab-coat of a jacket—the covering of the year! In everything from cashmere and cotton and thin gabardine to quilted silk at night. And the way you shop for a jacket is the way you shop for everything this season—by texture. The thing to keep in mind is: you're not going to be looking for a hundred different shapes to vary your look; texture does that now. It's what makes the difference between day and night, North and South, city and country. It's a very simple, uncomplicated way of dressing—and it's a pleasure!







# PRETTY WHAT IT TAKES

**Fashion '76—  
the first  
thing it takes  
is a whole  
new approach  
to makeup...**

**This picture says it all**, left—everything that's happening in fashion and beauty today—the pale, soft colorings and what you need to know to wear them: the hair, the touch of jewels that look mineral—that glow rather than glitter. . . . And a makeup that's as different from the makeup you've been wearing all winter as these wisps of hand-painted chiffon scarves are from a cardboard flannel. It isn't the strong eyes/strong cheeks/strong mouth makeup approach you've been seeing. (And while we're at it, it isn't pastels, either—no aqua eye shadow, no old-fashioned pinks. Think about it: you don't want to walk around looking pale in pale clothes, any more than you want your face to be two steps ahead of the rest of you.) It's a softening of features, and **a whole new emphasis on skin**. Like everything else in fashion now, it turns on color—soft *sheer* ginger-honey-apricot-amber tones that work anywhere on your face. You don't get a face fragmented by color, you get the total impact—a sense of pretty skin, not makeup. It is very, very appealing. . . .

The how to—worked out for us here and on the next 10 pages by Way Bandy—warm, vibrant, translucent skin colorings (opposite, Ultima II's Cremegel Makeup in Light Golden Bronze). Some darkness around the eyes—not a fistful (you may want a lighter shade of mascara than you've been wearing), and eye shadows that tone into skin—Shy Ginger. Cheeks deepened with sheer, sheer color—Ultracolor Gelsticks give the right effect. Lips clear, toned, shined with Spungold Bronze Frost lipstick—all, Ultima II by Charles Revson. . . . As always, **hair** is critical—if it isn't right, nothing else ever works! Which means the right haircut to start with—"shape without severity," says Ara Gallant, who did the hair here. Something that isn't going to go to pieces in a breeze, that you can do something with if you're in the mood—e.g., the gentle waves and big, soft curl Ara put into the basic cut here—if they uncurled a bit, your look wouldn't fall apart. Which is one of the things about pretty today: it doesn't mean every hair in place!

Scarves by Carol Peretz. Outer scarf, about \$22; inner one, about \$36. At Henri Bendel; Nan Duskin. Rhodochrosite pendant from Astro Minerals Ltd. About \$30.

# PRETTY WHAT IT MEANS

## In 1976, it's more than a face;

**BY JILL ROBINSON**

You can't buy the latest thing in beauty. You have to change how you think.

Better news: You probably already have.

Beauty has always started behind the eye, always been a matter of semantics, the private idea of the beholder.

To me, Beauty was always passive. I saw Beauty leaning backward and away, in bias-cut satin (she looked like the great model Dovima.) She was flawless, adored, always given masses of flowers and precious jewels in leather cases that opened and closed with an expensive snap I'd recognize a mile away. When I was fourteen, I bought Violets-in-the-Snow lipstick. Late one night, with my lipstick on and my head swathed in emerald-green veiling, I stared into the mirror, convinced that if I could just climb out my window and make my way to the nightclub Ciro's, I would be applauded as a new Beauty. Clark Gable and Errol Flynn would duel to dance with me. Then, at sixteen, standing in a powder room after a premiere, between Elizabeth Taylor and Lana Turner, I realized Beauty was magic. I made the discovery women made then that Beauties were born of different stuff than people.

Beauty's definition, happily, has changed. My own perception, and yours, has grown up, opened up. It is not romantic. It is not magic. You can't tell the stars from the people. What we want now is a kind of mental Gorgeousness that goes beyond beauty or prettiness.

Gorgeousness is Beauty in motion: moving from inside out with a plan. Gorgeous, to me, implies an active creature, taking charge and growing, unfolding, enveloping. You can't apply Gorgeousness for a big evening or pick it up anywhere under the sun in a quick ten-day course and expect it to stay there. You don't have to shoot it in the right light, from the right angle. Gorgeousness catches women moving, working, slouching, thinking, and lusting. Gorgeousness is Beauty Liberated.

Gorgeousness is an attitude, a frame of mind, and a way of life. It is a new kind of inner beauty that is not to be confused with serenity or complacency. An expression occasionally caught is inquisitive. This new Beauty is involved with the right to know. She asks the hard questions and expects precise, expert answers.

Gorgeousness is energy. The tough secret way to get it and keep it is intelligent, planned maintenance. The thought of that makes me want to take a nap. To call it a beauty sleep is a cop-out. We all know ten minutes of yoga exercises will do more.

For with all the freedom from the rigid, captive standard of beauty defined by eye alone, comes this terrible sense of responsibility for knowing and doing what is really good for us. We know as much about exercise and nutrition as some doctors (sometimes, we suspect, we know more).

This enlightenment involves consistent follow- (Continued on page 65)



PRETTY— WHAT IT TAKES IS  
A WHOLE NEW APPROACH TO

# DRESSING







# PRETTY— WHAT IT MEANS

(Continued) through. I'm the only person I know who still orders dessert. When people go on vacation now, it's often to a tennis camp, or to a spa. No one expects miracles there: one goes to a spa now to learn a program to be carried through every day, a schedule of fitness that will teach us an appropriate individual rhythm to maintain the essential equilibrium between relaxation and the tension we need to get through our days.

**THIS IS THE NEW PRIORITY IN BEAUTY: WE DON'T WANT OUR BODIES TO GET IN THE WAY OF WHAT WE DO.** And this Gorgeousness is the side effect. In fact, esthetic consideration is the side effect now of all our Beautywork—or things which used to be thought of as Beautywork. We are interested not in quick cover-up effects but in long-range feeling better. It is this aspect of Women's Liberation that has, by the way, most successfully caught on with men. The information we've demanded and received has enlightened them, given them treatment products they do use, sent them to spas, made them notice what they eat, quite literally stood them on their heads.

Gorgeousness has less to do with the youth myth than with feeling better. Life is longer, we want the quality of that life to be better. It has little to do with wrinkles or grey hair—fairly inevitable badges of honor and wisdom—more to do with productivity and ongoing sexuality. We finally got the message there, too: sex is feeling better, moving better. You have to be older really to know, really to understand your way out of inhibition and into the commitment that makes it worth all that adolescent angst. You have to be older to understand just how much youth got in the way.

Anyway, youth has added at least two decades lately. Think of prematurity this way: before we were mature enough to understand that self-indulgence in drinking, overeating, and inactivity (sitting around and worrying about what we could not accomplish) is the great aging process. Or *limiting* process. There is nothing wrong with age. Gorgeousness begins with energy enlightenment. That can begin any time. This is my fortieth year. I could not cross the monkey bars when I was ten, but I've finally (starting at thirty-seven) gotten myself in enough shape to take up tennis now. Well, next week. (It is one thing to observe all this, to write about it, quite another to instill that consistency.)

Major Point Here: Gorgeousness is at once starting from the self and moving AWAY from self-involvement. We start with our own self-awareness, an intelligence about what our bodies, skins, teeth, hair need—we develop the routine that works, and then we can move out of self-consciousness. No more boring Beauties drifting away their days, drowning in mirrors of despair over each line, each eyebrow that won't lie down. You can have a day when you think your hair looks like a rat on alert, when you've been working triple time (house or office (Continued on page 66)

... **layering now—fashion now!**—has to do with the mix of *pretty* tones and *pretty* textures, *opposite*: the sliding of one soft, thin weightless thing over another soft, thin, weightless thing. **A jacket** (this season's key piece!)—an *unlined*, unconstructed little lab-coat of a jacket in a creamy-as-bisque silk tussah ... a polo-shirt in the palest stripings of silk crêpe de Chine—bisque, lemon, grey ... a skirt of heathered wool jersey. Crêpe de Chine stripes at the throat twisted with a piece of jade ... a ribbon of stripes at the waist pulled through grey "pearl" loops. Nothing matches exactly, but **everything blends—balances**—in tone, in texture—it's why we're showing you a grey *reptile* pump. (**Watch the pump!**—this delicacy of pump—it's *the* new shoe!) P.S. In case you're wondering: while they aren't an exact match either, the nifty-looking girls on these pages are sisters—Janice and Deborah Dickinson.

**The new layering has nothing to do with how many things can you put underneath and still be able to move your arms...**

Geoffrey Beene turnout. Jacket, of American Silk Mills fabric; shirt, of Gandini silk; skirt, of Jasco wool jersey. All, about \$875. Saks Fifth Avenue; John Baldwin; Jacobson's; Dayton's; Balliet's; Sakowitz; I. Magnin. Julianelli pump, about \$66, at Bonwit Teller; Sakowitz. ... The makeup that works with the new gentle colorings—makeup with enough color to define, without losing the gentleness of the look. The colors here, Slate Creme Finish and Apricot Pastel Frost Finish to shade the eyes; Amber Cheek Color; Bronze Allevia Treatment lipstick. All, Alexandra de Markoff. These 12 pages: makeup, Way Bandy; hair, Ara Gallant.



# PRETTY— WHAT IT MEANS

adrenaline it has been saving. It will ask for some quiet time later on to store it up again—that quiet time may even resemble a terrible low. But you can get through that time, too, without alarm, because you have all this information. You know the mechanics. You know the tuning process.

**RHYTHM**—This is part of the work we've learned to do, understanding the personal rhythm we need to keep fit, knowing what to use and when. Knowing it finally almost by instinct. You can't be gorgeous by nattering on and on about how you're *going* to do this and that, musing it over and over, driving friends crazy with repeated (and inevitably lengthy) resolutions you do not keep. A true resolution is one you simply do. You start. You don't discuss it. That's why we're not having resolutions here. You know by now what kind of maintenance rhythm will work for you. What should be involved in the program. If you don't, you know where to find the information (or you haven't been reading the best-seller lists in the last decade).

**BEAUTY IS THE AMAZING AFTEREFFECT OF A LOT OF INTELLIGENCE WORK.** Part of Gorgeousness is also the intelligence to design your individual standard and stay with it; it may involve several pieces of many different fitness techniques, cleaning-up rituals. Creativity in beauty involves more than knowing just how to wear three shades of eye shadow (although that's fun, and we'll come to that. It also belongs). Beauty is science now, a kind of preventive medicine, and the people who work in that know we cannot be lured by mystery, by magical promises or packaging. The talk is more technician to student; often, chemist to technician. Nutrients, pH factors, anti-pollutants, proteins, vitamins—these are part of the language we expect. We want to know how it works and what's in it. Skepticism has started rewarding us with answers. This new discipline extends into our relationship with doctors and dentists. Whoever used to ask *how* to brush teeth? Now we not only know how but precisely why. Responsibility—our own—is the essential now.

Perhaps the reason we never used to ask questions was that we suspected there weren't answers. But the questions actually did begin to force the answers. Feminist writers such as Friedan and Seaman began to ask the questions. Brownmiller, in the devastating *Against Our Will*, questions the entire culture. And it is up to us to follow through. It's responsibility, again, that is the watchword, the key to the active spirit we call Beauty now.

**SELF-RESPECT, NOT DEPENDENCY; SELECTION, NOT SEXUAL PLUMMAGE:** Passivity is non-beautiful. (Continued on page 69)

## A WHOLE NEW APPROACH TO DRESSING

**The news is in the texture!... the simple little luxurious T-shirt.... The shoe you own over and over again—varying the texture, not the shape**

The new look—the new feel—of T-shirting, right: in the softest, smoothest cotton knit—what cashmere is to sweaters, this is to T-shirts! . . . Here, the softness of a Ralph Lauren T-shirt in palest melon with short cuffed sleeves and tiny buttons on the shoulder, tucked into matching trousers (this kind of cotton knit tailors like a dream, without losing any of the gentleness). To wear—to *balance*—with tones and textures of the same genre: three rope braid bracelets and a rope braid belt. And the casual shoe—the trim, flat moccasin—in three different textures. The point being, you're not looking for a lot of different shapes in *anything!*; this year, texture is the thing that changes the look of what you're wearing. Here, for example, the flat moccasin in canvas (*top*)—the perfect little running-around shoe for summer; in polished luggage leather—your go-with-everything pants-and-skirts basic; and, *far right*, 'at its most "dressed" in shades-of-cream snakeskin, to wear with a soft pants and a top for easy-evening as well as day.

Ralph Lauren turnout. T-shirt, about \$18; pants, about \$28. Henri Bendel; Jordan Marsh, Florida; Lazarus; Swanson's; Sakowitz; Frederick & Nelson. . . . The pretty makeup colors: Capuccino on lips and nails; Alfresco Blue and Sienna Suede on eyes; Glowing Bronze on cheeks—all Geminesse by Max Factor. . . . Julianelli moccasin. Canvas, about \$45; leather, about \$52; snakeskin, about \$58. All, Lord & Taylor; Neiman-Marcus; Bullock's Wilshire. Accessories, next to last page.













# PRETTY— WHAT IT MEANS

(Continued) I think art always prefigures what will happen in social attitudes, and as art moved out of academic ideals, beyond anthropomorphic figuring, as it freed its own definitions, so ideas about human beauty have opened and changed. Art moved into abstraction, into structure, into consideration of things the eye does not necessarily see, and so beauty has moved now into action, the mind, the basic nature of our media: the condition of cells, bones, and blood. Beauty, then, like our art, is beyond ornament. It is a broader statement, rough and perplexing, even as some of us do appear to others, but the standard is concerned with an intrinsic sense of beauty and form and balance. It is our great good fortune that, in human beings, this new standard takes our well-being as its point of departure. This new sensibility is what sophistication should be all about.

So much for sheer black stockings which, around the time I was playing around with green veiling, represented The Sophisticated Lady.

**EXCEPT (HERE'S WHAT I PROMISED ABOUT FUN):** Gorgeousness must also involve wit and whimsy. This is essential to humanity, and the new Beauty is a human person. Lapses (the occasional croissant, I say hopefully, having just finished one), burrs, quirks make us really gorgeous. We must permit movement of approach. Steps back and forth in the day's dance. Guilt is not gorgeous. Rigidity is as boring as plodding immersion in constant self-discovery—a contemporary affliction to be avoided rather more than the empty calorie or lunchtime spent trying on blushers because the names of the colors are so terrific. . . .

You can't include this in a maintenance plan because it defeats the purpose: the occasional spunk of letting yourself just be. I think when they planned the Constitution and they put in the part about the pursuit of happiness, they meant times like this, when one isn't thinking or planning, when one is avoiding all the seriousness which life is really spent pursuing. One can't pursue happiness, of course, but one can *permit* it, the occasional nonpolitical playing around. As Joseph Heller, the smartest of the man writers, says, "Where did we get the idea people are supposed to be happy?" We don't get much of the new Gorgeousness by utterly happy means, for instance. Maintenance is work; this is why we have to shore each other up with encouragement, suggestions, and articles like this that remind us what the point of it all might be.

I mean, if someone came up with an eye shadow called Lilacs Caught in Prism, which promised to fragment itself about the eyelid in slippy, gleaming myriads of little rainbows, I would leap from my lotus position and run right out, certain to see, in my mind's eye only perhaps, such a vision of Beauty. And the mind's eye is still where Beauty dwells, napping though she may be while Gorgeousness does the work of the world and makes us strong. Rejection of Gorgeousness, her regimen, her great good sense is not to be implied by an occasional dreaming tryst with Beauty.



**Double shirts, far left,** from John Anthony—the look of the collarless shirt worn as a jacket at night over a matching soft-collared shirt in *écru* silk *crêpe de Chine*. To wear with an easy, pleat-front wrap skirt—this year's turn on a pyjama.

**The softest look of a pyjama, left—**Calvin Klein's jade silk *crêpe de Chine* pyjama—the shirt opened and tucked into wide, floaty pants with ruching from waist to hip. Simple, pretty—the seduction is all in the fabric and the way it slides on the body; and in the coloring . . . the play of jade against gold with a touch of Chinese red.

*Far left:* John Anthony turnout, of Pomezia fabric. Jacket, about \$225; shirt, about \$225; skirt, about \$225. Elizabeth Arden Salons; Nan Duskin; Jacobson's; Sakowitz; Bullock's Wilshire. *Left:* Calvin Klein turnout. Shirt, about \$98; pants, about \$178. Altman's; Kaufmann's; Jordan Marsh, Florida; Hudson's; Swanson's; Neusteters; Joseph Magnin. Accessories, next to last page. . . . A beautiful *glowing* makeup in the same soft mood: Incandescent Cheek Paint in Light Bronze; Burnished Bronze on mouth; Matte Smokey Blue Eye Polish. All, Frances Denney.

**A beautiful shirt  
—a soft, sliding,  
collarless shirt—  
gets everything  
going: it's the top  
of a two-piece  
dress, the top of a  
pyjama, a jacket  
over other shirts,  
a blouse under  
jackets. It's this  
season's key  
accessory!**







## A WHOLE NEW APPROACH TO DRESSING



**The shorter coat!  
The unlined jacket! If  
you're looking for this  
season's best new  
things - to-put-over-  
things, these are the  
tops! They have the  
length, the ease, the  
proportion of today**

When you think coat now, think short, left— $\frac{3}{4}$ ,  $\frac{7}{8}$ , whatever—the point isn't fractions. The point is *proportion*, because a shorter coat isn't just the dashing length for pants, it's a terrific length for skirts—and the only coat-length that doesn't look out of whack over a long skirt at night! . . . Here, Halston's narrow, soft shirt-smock in yellow Ultrasuede—one of those clean, upbeat colors you'd love to have for resort. For other needs, other seasons, it could be thin wool; it could be ciré for rain. What counts is the shorter proportion, and the simple, *unconstructed* ease of these coats (when you touch the shoulders, you feel nothing—no padding, no weight—they just slide on and off).

**The jacket—the unlined jacket**, above, that's as neat, as easy, as soft-sharp, and as unstructured as a little lab-coat. To own in cotton, in cashmere, in thin wool gabardine, in silk tussah. To wear with a skirt (instant suit!), with pants, with shorts—it works! This one: Calvin Klein's wonderful spring/summer/casual jacket—unlined chalk cotton that looks as though it's been washed and washed—it has that kind of softness. Over an ivory-striped T-shirt, beige poplin pants. **Don't miss the bag!**—the big, soft, super-duper carry-all that works with everything.

*Left:* Halston jacket (Spring Mills fabric) about \$220. Bergdorf Goodman; Nan Duskin; Montaldo's; Martha, Palm Beach, Bal Harbour; Stanley Korshak; I. Magnin. Bag, to order at Halston Ltd. . . . The makeup colors—bronze-based, warm enough for yellow (a skin-sallower if you're not careful): Estée Lauder's Bronze Glow Color Wash, Sunny Brick cheek color, Rum Swizzle lipstick. *Above:* Calvin Klein jacket (CranTex fabric), about \$78; T-shirt (viscose and wool, Yves Gonnet fabric), about \$44; pants (polyester and cotton), about \$62. Saks Fifth Avenue; Woodward & Lothrop; Montaldo's; Famous-Barr; Esther Wolf; I. Magnin. Bobby Breslau bag, about \$210. Feb., Bloomingdale's Cul-de-Sac.



**The essence of big-evening dressing, below left**—unblatant—unbig! It's all in the paleness of the color, the thinness of the fabric, the gentle, narrow way it falls—and finds its way on the body. . . . Geoffrey Beene's strapless "shirt" of dove-grey silk shantung crêpe, with streamers to wrap and tie at the top, shirttail hem, a little lace-edged fichu to slip over bare shoulders, or to hold. . . . The look of legs—stockings with just the tiniest drop of grey; and a flat, bare sandal.

**The short-dress evening, below right:** the cocktail/restaurant/theater dress with nothing to it but the touch of a pretty neckline, a pretty sleeve—and a color that's like a breath of fresh air—coral silk crêpe de Chine, with the ease of a little waist-gathered kimono, from Morty Sussman for Mollie Parnis.

**The jacket at night, opposite**—the best little-evening cover you could own! Calvin Klein's quilted coral silk crêpe de Chine that slips and slides over everything easy at night—a grey sweater and pants, banana-colored cashmere, black. Or these: a matching collarless crêpe de Chine shirt (this could be the single most movable piece in your closet—in warmer weather, the shirt is the easy-evening jacket), and a soft, narrow, sash-wrapped wrap skirt.

## A WHOLE NEW APPROACH TO DRESSING

**At night...it  
has to do with  
fabrics that  
touch, not  
cling...with  
color that's  
nothing but  
charm**



**Far left:** Geoffrey Beene dress (Taroni silk from E.H. Sormani), about \$520. At Martha; Kaufmann's; Claire Pearone; Swanson's; Neiman-Marcus; I. Magnin. The gentle-but-there evening makeup—a blending of Charcoal and Gilded Rose Creative Coloring Pencils on the eyes, Fresh Ginger cheek color, Rare Penny Glossy lipstick—all, Elizabeth Arden.

**Near left:** Dress by Morty Sussman for Mollie Parnis; Onondaga Silk Mills fabric. About \$345. Elizabeth Arden Salons; H&S Pogue; Stanley Korshak; Balliet's; Neiman-Marcus; Bullock's Wilshire. **Right:** Calvin Klein jacket, about \$260; shirt, about \$100; skirt, about \$132. Mid-January, at Bloomingdale's; Nan Duskin; Higbee's; Jacobson's; Neusteters; Bullock's. Accessory details, next to last page. These 12 pages: hair, Ara Gallant; makeup, Way Bandy.

AYEDON







# PARIS LOOKS

**On these 6 pages, a look-by-look report on what's key in the Paris ready-to-wear for Spring.... Starting with Saint Laurent and Karl Lagerfeld, the new focal points: hips and shoulders....**

Everyone has discovered hips!—**Lagerfeld** (left) ties them around, Shetland-style, in thin little crêpe de Chine jackets or hip-wraps triangular scarves to hold down a breeze of pleated skirt.... **Sonia Rykiel's** sweaters, which come well over the derrière, are reclased by a wide knit hip-band.... **Kenzo's** "everything" is hip-bound, hip-swathed or hip-wrapped, from sarong-skirts over bathing suits to sarong-wrapped dresses for evening.... Off-the-shoulder necklines *everywhere*, and **Saint Laurent's** (right), in thinnest silk jersey are *the* knockout dinner look in Paris—baring and clinging, sliding on and away from the body, they are the best turn on "sneaky-sexy" since Isadora Duncan's floating scarves!...

*Left:* "Shirt set," Karl Lagerfeld for Chloë; navy-and-white crêpe de Chine (Bini silk). The hip-tied shirt-jacket; the shirt with slightly extended cap sleeves and new oval-curved neckline; and white cotton piqué above-ankle pants, \$700. All, at Elizabeth Arden Salons. Cartier; tank watch and I.D. bracelet.

*Right:* The elasticized off-the-shoulder dress with smocked torso and narrow, crushed sleeves, in purple-and-white Abraham silk jersey. About \$540. Saint Laurent Rive Gauche, New York; Washington; Chevy Chase; Atlanta; Bay Harbor; Wanamaker's; I. Magnin.

Hair, Jean Louis David. Makeup, Daniel Demanjean of Max Factor. Photographed at the Hotel Concorde Lafayette, Paris.

**The news is at the  
...at the shoulder**





**hip**



# Key shapes! colors! fabrics!

**Here, at a glance, the whole story—the new upbeat turn to color; the air-thin, catch-on-a-breeze fabrics; the pureness of the best new silhouettes!**

Coloring-book colors and jungle parrot colors... gitane blue and red, hot pink and chrome yellow at Lagerfeld. Accent colors in linen and crêpe de Chine façonné for evening at Ungaro. Burnt-orange-red and brilliant parrot-color prints at Missoni. At Saint Laurent—lavender and peony and coral and jade and tangerine—spring-jungle colors! Kenzo's Javanese garden colors... and his super-chic mixings of color—ochre brown and a flash of cobalt... **Beautiful, beautiful pales**, clean and unwatered. Missoni's pale pink and pale lime, pale blue and pale banana—like baby flowers, and immaculate! The Saint Laurent georgette and silk jersey dresses for evening, *cleanly* printed—dove and white, ink-blue and white, raspberry and white—the white just slides over the color and reduces it—like unmixed berries and cream... **The key neutral is écru!** Écru for day in Indian cotton, in raw silk, écru at night—the most delicious écru there is—cream with a drop of coffee, in all the crêpe de Chine wonders of Karl Lagerfeld... Navy-and-white all over the place, from Saint Laurent's perfect navy blazer to Dior and Givenchy, and masses (all very nice!) at Valentino... The standout fabric: exquisitely thin silk jersey for evening—so wispy you touch it with your fingertips, the way you touch stockings. Whose is the thinnest (and the most expensive!) is a toss-up—Missoni, Saint Laurent, the Lagerfeld "ring" dresses, the Ungaro taupe silk jersey jumpsuit—all fantastic! ...The "bandwagon" of the season (i.e., everyone is on it!): **the dress over pants**—for day, night, city resort. In every length—above-the-knee, mid-calf, below—and usually slit so you see the pants-leg walking through (the *narrow* pants leg!). Saint Laurent does a "country" version in striped Indian cotton (his collarless shirt, simply extended!) over pants of rough-woven écru silk that is pure-YSL-absolute-chic, to wear with his tan leather wrap belt hung with gold leaves... Kenzo's dress-over-pants: a narrow, collarless Indian shirt of a dress, hip-wrapped or hip-belted over narrow, ankle-long drawstring pants. Ungaro does the charmers: white-ground flower-printed cotton voile over pants in an unmatching pattern. **Re clothes in general:** fewer and fewer closings. Things fall purely, without zips and snaps. They wrap, they're drawstrung, slit; they're held up by ropes and ribbons of matching fabric that bind the waist, the hips. In a word, they are pure shape—it's all done in the fabric, the color, and in the slim, perfect cut... **The word on accessories: Spare.** The spare, simple metal cuff; the spare, simple long earring—as in Saint Laurent's narrow gold leaves, or double balls of scarlet silk (for shine plus a slice of color)... **Belts of rope, of twisted silk**—Lagerfeld's 28-inch square of scarf that knots at the back. No hardware—a Lagerfeld belt is a loosely knotted leather "shoelace"... Givenchy belts things with black patent "licorice strings." It is always the perfect finish—no more, no less—the perfect, *balanced* touch. As in the perfect end to a piece of music... **Scarf touches:** Kenzo's take on the cotton square—folded once into an oblong, twisted thickly and tied in a short knot at the back of the neck. Great! Givenchy's large thin cotton handkerchief, tied once in front—to hold a crêpe de Chine shirt collar around the neck. Lagerfeld's back-knotted red cotton scarf—to belt the thinnest cream flannel bathrobe of a coat!

MARY RUSSELL / ALBERT WATSON

**The key to Paris: color! News: the dress over pants**

YVES SAINT LAURENT







YVES SAINT LAURENT

The new levels of trousers



YVES SAINT LAURENT



YVES SAINT LAURENT

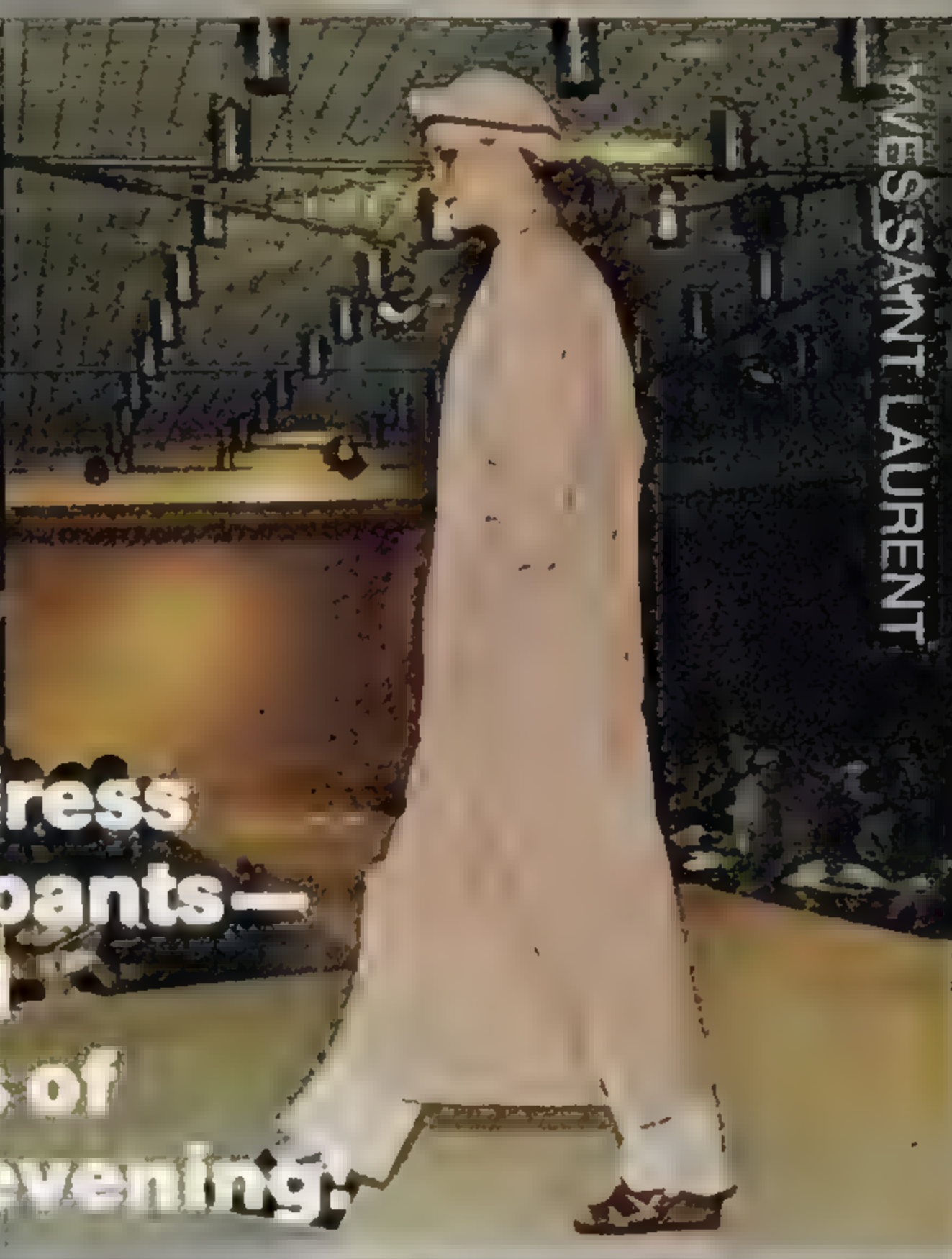


YVES SAINT LAURENT

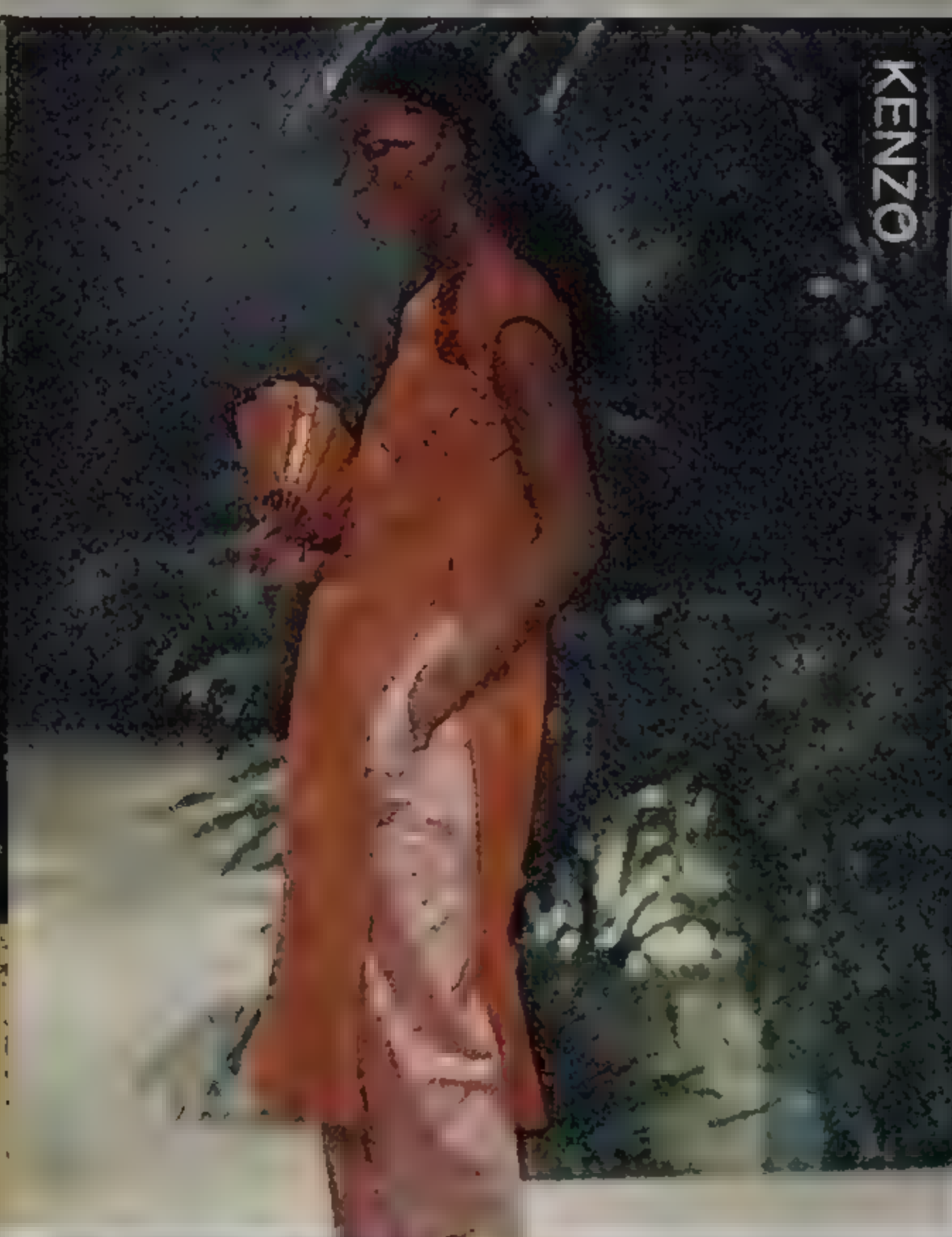


YVES SAINT LAURENT

The dress over pants— for all kinds of day/evening!



YVES SAINT LAURENT



KENZO



UNGARO



SONIA RYKIEL

The new focus: hips!



KENZO



KENZO



KARL LAGERFELD/CHLOË



KENZO

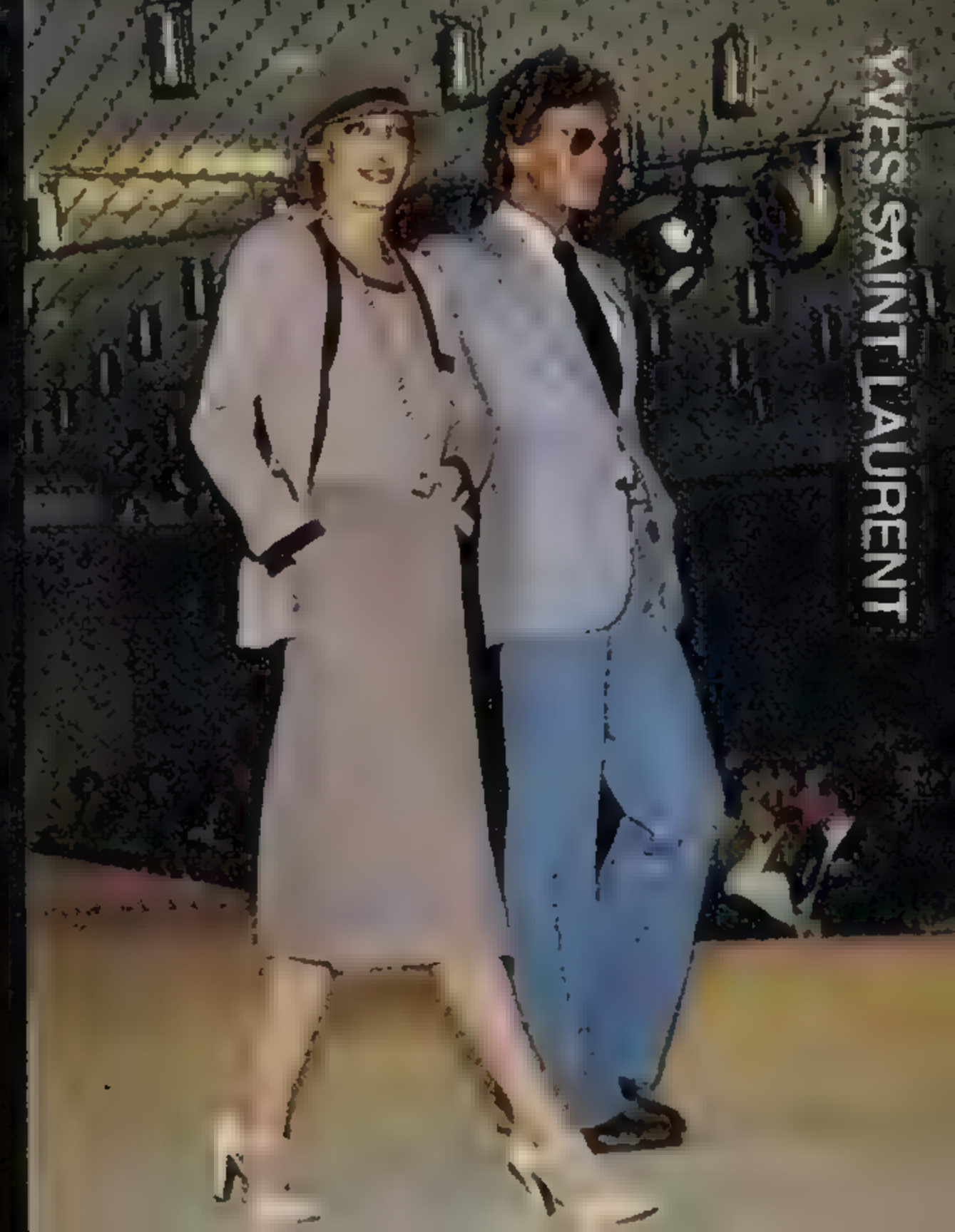
Key: the thin unlined jacket in everything... over everything!



KARL LAGERFELD/CHLOË



UNGARO



YVES SAINT LAURENT





## PARIS LOOKS

**Here, the backbone pieces of modern dressing: classic, timeless, never changing—always changing...i.e., the new Saint Laurent middy; the new blazer at Ungaro...**

Tops are the key to pieces-dressing—the look-turners!—and there are really nifty ones up and down Paris. ... From Saint Laurent (left), who knows better than anyone that a good thing is a good thing forever—the secret is in how you turn it: this year's turn on his classic middy. The shorter middy—the trimmer-collared middy—in the supplest thin wool gabardine, unlined (which is how come that lovely *dégagé* fall). Over black wool gabardine trousers to the ankle—the new pants length. (Shorter pants are everywhere—even “clam-digger” pants to mid-calf at Emmanuelle Khanh, at Kenzo, at Saint Laurent. Dead-straight pants everywhere. And all pants are narrowed—narrowest of all: Dorothee Bis's white linen, slit over the heel.)

**The  
new**

# classics

...The jacket of the year is the unlined jacket... and Ungaro (right) has the one everyone is crazy to own: the unlined single-breasted, narrow-lapel blazer of a jacket, in stone-color silk chambray. Here, as he showed it, with a silk chambray shirt striped in pale taupe and white, and silk chambray skirt printed in shades of taupe and brown and rust.

*Left:* Saint Laurent middy, about \$270. Trousers, about \$190. At Rive Gauche, New York; Jacobson's; Sakowitz. ... *Right:* Ungaro jacket and blouse (Bochese silk); skirt (Lam-Be Silk). About \$725. At Saks Fifth Avenue; Neiman-Marcus.

MIKE REINHARDT










# The clothes you'd love to wear right now!

On these 8 pages, the toughest thing in the world to find in January: clothes to wear in January. This year, not only are they around—they're super! The news the finds: a jacket—practical, versatile, it's the piece that everything else turns on. And the look of gold—strong, simple, it warms and polishes your whole look.

The sweater-jacket jacket, left, in creamy beige cashmere, from Halston—the jacket everyone wishes she owned! Super over a matching pullover and pants, with Bulgari's spare, beautiful gold links clasped with rare coins at the neck, the wrists, or buttoned and belted over a shirt and skirt as a little "suit" ... or as an easy-evening shirt, with nothing underneath, waist-wrapped over panne velvet trousers. Jacket, about \$125; pullover, \$75; pants, \$75.



The new gold jewel, right—sleek and modern, dotted with ancient gold coins from Bulgari's extraordinary collection of rare coins and intaglios—each with a soft, glorious patina that doesn't happen without centuries of handling. (If you're looking for the new status jewel, this is it!) ... These: fourth-century B.C. /ecas, set like gems—so they stay unmarred—in a straight, supple neckband of ribbed white and yellow gold that sits just at the collarbone. On the wrist, ribbed yellow gold—a flexible cuff that fits flat and very small to the wrist. All jewels, Bulgari at Danaos Ltd. Hair and makeup, Rick Gillette.









The clothes you'd love to wear right now!

**Most-wanted under jackets now,** left: small, simple sweaters with classic necklines. A crewneck, a turtleneck, or, as here, a lovely deep oval—Jaeger's thin, flat navy wool pullover, classic of classics with grey flannels (your jacket's a matching grey cardigan—just tied around the waist). Sweater, about \$32. At Lord & Taylor; Nan Duskin; Gidding-Jenny; Harold's; Lady Albert Ltd.

**A dream of a suede jacket,** right—the supplest, softest baby lamb suede, totally weightless, the color of honey, with just a bit of shirt-band for a collar. If you owned it, you'd put it over everything—long, short, day, night, from one end of the year to the other. (Which is also our feeling about a good gold jewel. If you can wear it and wear it—the way we've used the Bulgari gold bracelets on these eight pages—that's a treasure.) Jacket, Bill Kaiserman for Rafael. About \$305. February, Bonwit Teller; Nan Duskin; Lillie Rubin-South and West; Ultimo; Jackson Graves; Miss Jackson's; Lou Lattimore. Jewels, both pages, Bulgari, at Danaos Ltd.; other accessories, next to last page. Hair, Howard Fugler of Vidal Sassoon; makeup, Sandra of Xavier Coiffures.











The clothes you'd love to wear right now!

**The jacket that's a sweater-set suit, left**--Bill Blass's nubby hand-knitted cardigan-jacket in peanut silk, matching short-sleeved polo shirt underneath, and pleated navy silk crêpe de Chine skirt. To wear right now, and for a long time to come--this is one of those easy, anywhere suits that are going to weather a lot of fashion seasons. (Ditto the jewels--more of Bulgari's rare coins and gold links.) Suit, with matching scarf (skirt, LaFitte silk), about \$790. Late January. Martha; Nan Duskin; Montaldo's; Claire Pearone; Stanley Korshak; Swanson's; Miss Jackson's; Bal-liet's; Esther Wolf; Neusteters; I. Magnin.

**A lot of women's idea of the perfect all-around jacket, right:** an unlined Ultrasuede blazer in cream--the cleanest, most classic of jacket lines with the small, light-fitting ease of a shirt--and the perfect way to have it: with tan Ultrasuede pants and Bulgari gold wrists--unbeatable! By Blassport; Spring Mills fabric. Jacket, about \$198; pants, about \$190. At Bergdorf Goodman; Montaldo's; Lillie Rubin-South and West; Stanley Korshak; Neiman-Marcus; I. Magnin. All jewels, both pages, Bulgari at Danaos Ltd.; other accessories, next to last page. Hair, Howard Fugler of Vidal Sassoon; makeup, Sandra of Xavier Coiffures.







**The shirt that works as a pullover jacket,** left—super-soft banana cotton jersey, gathered like a peasant's shirt, and pulled over another, matching shirt—nifty cold-weather "jacket" layering to have now; as it warms up, you peel down to just one shirt and the easy matching skirt. (Nice to have with it: woven leathers, Bulgari's gold-linked neckchain of striped oval disks—black onyx, malachite, lapis, mother of pearl, tiger's eye, and jasper.) Shirts, about \$90 each; skirt, about \$85. From Roberta di Camerino.

**Beige silk pongee cut like a lab jacket,** right—unlined, straight, totally simple—if you owned it, you'd find yourself putting it over everything. Here, as a never-out-of-season pants suit, over a cable-knit beige cotton sweater; matching trousers, and touches of gold. Ralph Lauren jacket, about \$150; sweater, about \$86; pants, about \$112. Bloomingdale's; Nan Duskin; Jordan Marsh, Florida; Neiman-Marcus; Neusteters; J. Magnin. All jewels, both pages, Bulgari at Danaos Ltd.; other accessories, next to last page. Hair and makeup, Rick Gillette.





# People

are talking about...

...what's news, what's coming

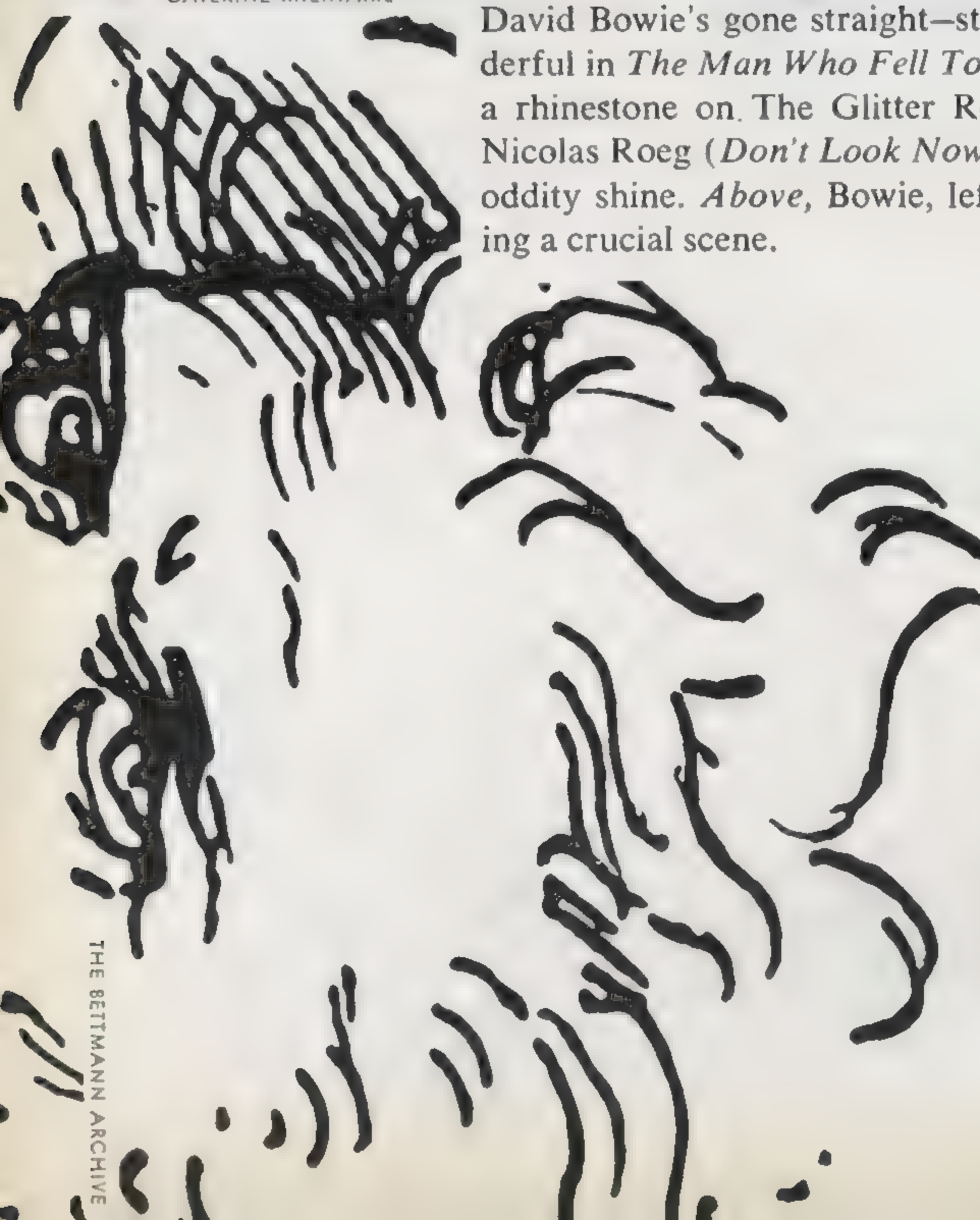
The play-safe and/or turn-about season in entertainment, the arts...a great new way of mid-Manhattan life; gossip, the '70's art form; swift, spectacular buffet food; bull market on photographs; a firm look at how some psychiatrists mistreat women; and how we'll all be bustling to hustle in face-your-partner dancing lines—on these two pages, the following twelve.

## Bowie: no glitter, all shine



CATERINE MILINAIRE

David Bowie's gone straight—strange, mysterious, and wonderful in *The Man Who Fell To Earth*, his debut movie. Not a rhinestone on. The Glitter Rock in this deep and twisty Nicolas Roeg (*Don't Look Now*) film, but David's all space-oddity shine. Above, Bowie, left, with Roeg, right, rehearsing a crucial scene.



He created, 171 years ago, the perfect opera for this '76: *Fidelio*. Its subject: man's victory over tyranny. First Bicentennial hear of noble *Fidelio* will be from New York City's Met. Op.

BETHOVEN HEAR



## HEPBURN'S BACK

Audrey, that is—the gamin-girl/sophisticate-woman who made love in the movies to the loveliest men: Bogart, Cooper, Cary Grant. The Hepburn charmers (above and left): *Roman Holiday*, *Sabrina*, *Love in the Afternoon*, *Funny Face*, *Breakfast at Tiffany's*, *Charade*, *My Fair Lady*, *How To Steal a Million*. Her newest: an old-classic swashbuckler—*Robin and Marian*.

When Holly Golightly goes gadding off to meet James Bond in the movies, people are bound to start talking. This 'sixties fantasy scenario for making money is, in fact, a '76 reality—*Robin and Marian*, a film about you-guessed-who and his merry men.

The Hood is up from the Crusades and down on life; Sean Connery's the bloke who's got him. But happy surprise: Marian is Audrey Hepburn, who, after eight years away from movies, has come lightly from Switzerland to be the middle-aged Maid in director Richard Lester's (*The Three Musketeers*, *Royal Flash*) ever-continuing romp through movie period pieces.





# The Puritans are coming



The five greatest opera voices in the Western world are Joan Sutherland, Luciano Pavarotti, above; Price, Sills, Nilsson. Sutherland—a big (“I’m 215 pounds”), bouncy, down-to-earth woman with a Pre-Raphaelite look to her, when she isn’t clowning—sings everything from *Norma* to *The Merry Widow*. Frequently she sings the Italian operas with Pavarotti, a merry-faced colossus. They’re together in the Metropolitan Opera’s *I Puritani*, in which she goes mad twice, finally gets him. Met hasn’t done this Bellini work in fifty-eight years: it’s so difficult.

## Real Dylan

Move over Springsteen, Bob Dylan’s returned. Looser, easier—his back-to-folksy, good-time concerts heft a revved-up, Woodstock-pitch reaction. Typical old-fan (now nearly thirty) explanation: “Dylan’s it. I just had to see Dylan before I died.”



# Gossip: Trashcan revival

BY BLAIR SABOL

I'll be the first to admit that it's a disgusting habit and one that I should get rid of immediately, but I simply can't cure myself of my addiction to gossip. Thank God, gossip has become the accepted folk-art form of the 'seventies. People who used to dismiss gossip as "flack," "trash," or low-level amusement are now finding themselves just as caught up on the hot-air circuit as anyone else. In

fact, it is my belief that there isn't a soul on this earth who hasn't participated in the sport of gossip, either as an originator or as a carrier. When you think about the power of gossip, it's a wonder that colleges and universities aren't already giving credited courses on The History of Gossip: How To Get It And Pass It On. It does depend upon the material, but gossip can no longer be considered a mere spice of life; quite the

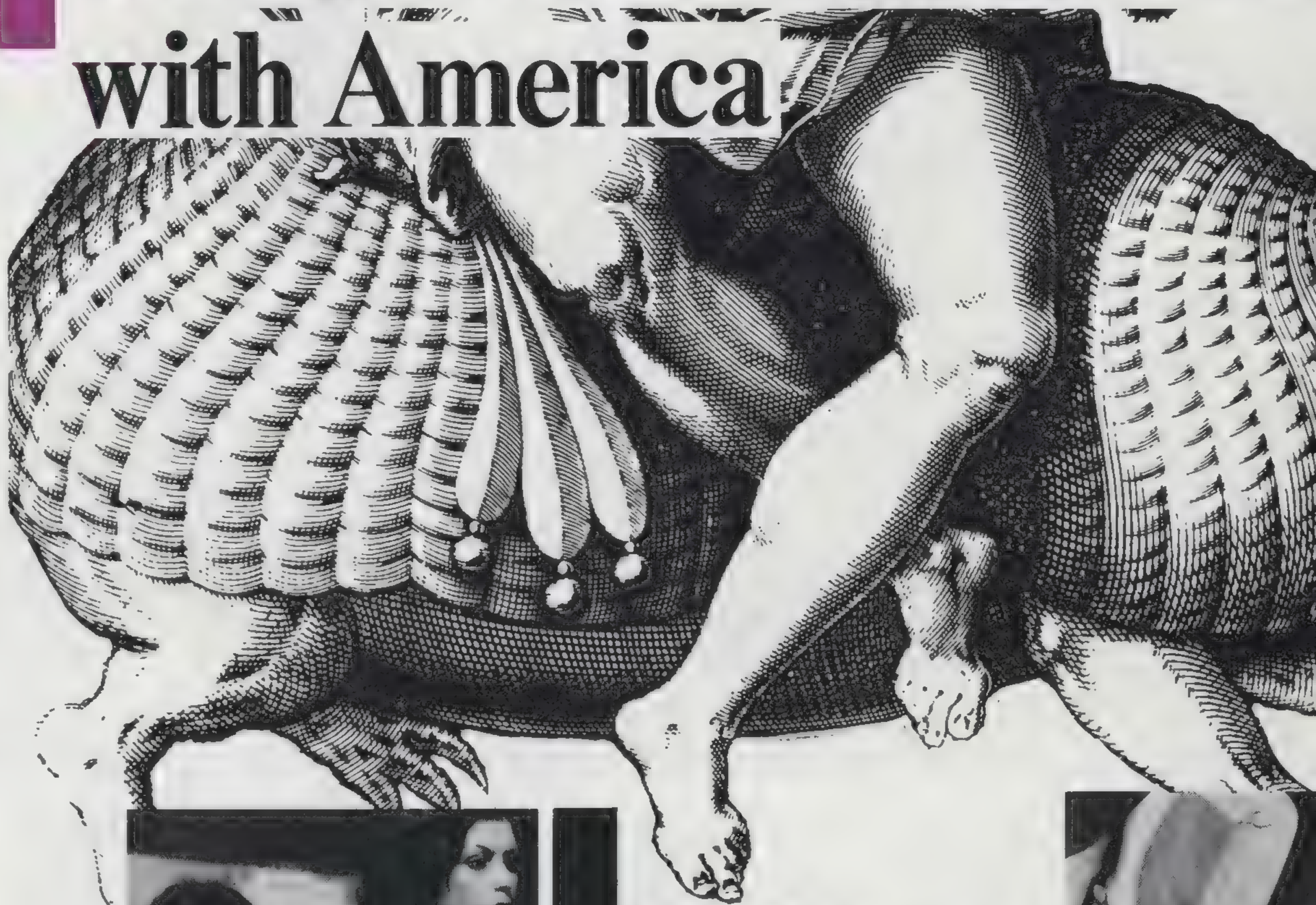
## Gossip comes back, the folk art of the 'seventies; news runs best on mouth power

contrary, in some cases, it has become a fact of life. What are reputations made of?

But if you're still feeling doubtful and can't help seeing gossip as a dangerous dirt filler and can only relate to those lipglossed motormouths like Rona, Suzy, Joyce, Hedda, and Louella (why are all the pro gossips limited to female caricatures, when we all know that some of the men have the biggest ship-to-shore lips going), then take a look at some of today's media. Nearly every weekly or monthly periodical and even many nightly television news shows has at least one quick-quipped rundown entitled "Eye" or "Ear" or "Random Notes." And damn it if everyone doesn't pick up and recall that information first and last.

*Time* magazine got such a response to its "People" page that the firm started publishing a successful gossip slick, *People* magazine. And *People* is loaded with all that mindless meat that people love to eat while waiting in the A & P express check-out line. Then there's the Big Daddy Dirtdiver of them all—the *National Enquirer*, the weekly newspaper that increased its circulation by half a million—so don't tell me it's only being read by the late-shift doormen and the Space Shoe-d ladies-room maids. By the way, I might add that some of my fellow media-makers are (Continued on page 129)

# The great European love with America



Remembering when, in the 'fifties, if you were young and lost to Art, you hightailed it to the Village, where would-be Brandos and corner-bar Kerouacs made a neighborhood a family name. Director Paul Mazursky (*Bob & Carol & Ted & Alice* & *Harry & Tonto*) remembers it all-together wonderful in *Next Stop, Greenwich Village*, a young-looking, funny-sad, swell-acted (Lenny Baker and Ellen Greene, above) movie.

## Line walking

The L.A. Hustle (alias the Pasadena Line Walk, the Continental, the Roach) soon to bustle nationwide—a chorus-line-intricate dance done in single or multiple rows at such clubs as San Francisco's Dance Your Ass Off; L.A.'s Cabaret, Studio One; New York's 12 West, Ipanema, still-strong Le Jardin. The feeling is cozy-exhilarating and, above all, safe: everybody does the same hustle-strut (you never shuffle), surging forward, backward, then to both sides; topped off with a heel-click, stomp, pivot, and kick to get it all started (or back in line) again. Gone the do-your-own-thing dances of the 'sixties; on '76 dance floors, you know what the next step is....The sound to do



It was a fantasy land; a golden promise, sometimes a blood-soaked nightmare in the minds of Europeans from Columbus to nineteenth-century emigrants to twentieth-century questers. Now, summing it all up—the improbabilities, the unexpected probabilities in two massive exhibits: in Washington, D.C., “The European Vision of America” (left, from that bonanza, a detail snipped from seventeenth-century Dutch engraver Cornelis Visscher’s “America”); in London, “Two Thousand Years of North American Indian Art.” Europeans have always been in love with the American Indian. An aim of the London show: “to prove that American Indian art can stand on its own merits as one of the great expressions of world art.”

## affair—



COURTESY OF THE NEW YORK HISTORICAL SOCIETY, NEW YORK CITY



it to: “Love To Love You Baby” with Donna Summer coo-ooing for seventeen minutes of disco-trouping....The new superstars: disco-jockeys—the technician/artists who work in giant control-tower sound booths mixing, segueing, power-pushing many numbers into hits long before they “go radio.”

## SuperSue and movie fun

What's coming in the movies? Billows of romantic comedies to float us through a worldwide depression. That hard-eyed forecast comes from Sue Mengers (right), the Hollywood superagent who represents—among other superclients—Barbra, Ali, Tatum and her dad, director Arthur Penn, writer Gore Vidal. Ms. Mengers lists these upcoming flicks as examples of a trend to message-free mind-blinders: Streisand in a remake of “A Star Is Born”; “Murder by Death” starring Truman Capote, screenplay by Neil Simon; Herbert Ross's “The Seven-Percent Solution”; and “Fun with Dick and Jane” with George Segal and Jane Fonda. Jane Fonda?

Diverting as any of these would be Ms. Mengers' own ascent. Dyan Cannon portrayed Sue (once Dyan's agent) in “The Last of Sheila”; but the full Bronx-to-Bel-Air story could be a three-hour enthraller—now that striver Sue, by her own admission, has attained her “status” goals: Marriage, Money, Maid, and Masseur.



HARRY BENSON

“A human head is so fragile. To hold someone's head between your hands...”

Take Ingmar Bergman—writer, director, master builder of psychological movies. Put into his mystical toolbox the isolated, conflict-battered twentieth-century psyche, the non-answers of medicine. The sky-soar result is *Face to Face*, a wise-eyed film of “Life, Love, and Death”; news is, it's Bergman-best.

## The brass nerve of Patti Smith

Someone very strong is coming along. She's so thin you think of terminal illness, so spacy-weird she seems a cosmic joke. With a 'forties name, 'sixties music, and 'seventies savvy, singer-composer-poet-painter Patti Smith spans time the same way she spans the arts, the sexes, the social worlds. Today, her freaky, draggy New York cultists have to fight the Scarsdalian pinstripes for sold-out seats at Smith performances.

On her first album, *Horses* (Arista), Patti has backed her driving, mean, sneering, low-down rock singing and satiric punning with a four-man group that includes rock musician-writer Lenny Kaye as lead guitar, Richard Sohl on piano and proven that you don't need to see her bleeping the microphone to be slammed by her music.

A street-kid intellectual, still working on her style after five years of performing, at twenty-nine Patti's a boodle of influences, a compendium of possibilities: she'd as soon hero-worship Arthur Rimbaud as Bob Dylan (Dylan likes her, too). But behind all her surreal spin-offs, her echo-y enterings of others' perspectives, there's a sinewy knocked-hard artist with an authentic talent—not just another voice but an innovative mind. If she doesn't sail out completely, Patti Smith will be top.



DEBORAH TURBEVILLE





# 1900

How do you follow up *Last Tango in Paris*—in '72 the great cocktail-party chat of cinema chics, what with a bare-assed Brando and mass-market seduction? For Italian director Bernardo Bertolucci, *above*, the answer's complexed 1900, an epic novel-like movie of modern Italy. With two years of writing and another filming near Parma, Bertolucci has been at work on a mammoth allegorical tale of two children born on the same day in 1900—one to a powerful landowning family; the other, a peasant. The characters' lives, time-framed by Fascism, are blazoned by some of the most compelling film faces on-gaze today—Robert de Niro, Donald Sutherland, Maria Schneider, Gerard Depardieu, Dominique Sanda. Overblown? Ambitious? Merely Bertolucci.

**People**  
are talking about...

...what's news, what's coming

**A novel:** Arthur A. Cohen's "*A Hero in His Time*," a prodigious act of the imagination since Cohen, New-York-City-born and resident all of his life, has written a verisimilitudinous fiction about a minor Russian-Jewish poet who edits a journal of ethnic musicology in Moscow and is sent, for political reasons, to a congress in Manhattan. This is a novel of spiritual and political action that anatomizes the Soviet psyche relentlessly, while astonishing with its author's knowledge of a Russia which he has never personally known.... **On the telly:** "*The Adams Chronicles*," the most elaborate ever made-for-TV documentary of American history. Typical of the thirteen-part series: almost three thousand costumes were created by designer Alvin Colt. What's it about? The Adamses. They are inextricably entwined with the epic sweep of American culture, history. And they kept diaries, wrote thousands of deeply personal letters.



## Very special Barbara Walters

### "Children of Divorce"

For years NBC's news-room's been talking about a very special show they've wanted to do. Now they've done it—Barbara Walters all-out strong. And it's about divorce. "After all," explains telly's masterprobe Walters, *above left*, "even among those not divorced, there's hardly anyone who doesn't have a friend or a relative who's divorced. We want to see the impact of divorce

on children from the point of view of children. We look at children as people, not as property. On the program, I interview a group of children from seven to fifteen. One seven-year-old boy out in the Midwest—we have him on film—said he wanted to save his money to buy his parents back together again. He was sure if he could save enough, he would be able to buy them back."



## Most important book of the season

*The Time of Illusion*, by Jonathan Schell, a shy, tennis-playing, thirty-two-year-old *New Yorker* editorial man, is the sharpest-eyed probe of recent American history, actually of American life, we have. It is a book that ranges chronologically and deeply from the Presidential rise of John F. Kennedy through the tumult of Lyndon Johnson's term and the horror Nixon years. And Schell puts it all profoundly, unsparingly on the line—line upon harrowing line. This is history writing that lights our way like a beacon.

*The Time of Illusion* has nothing to do with journalism, all to do with events perceived in informed perspective, sieved through a humanistic moral intelligence, and interpreted by master historian Schell devastatingly. Why read this book? Because Schell, making us almost believe that we did not live the past decade, makes us know that we must never permit even the possibility of our living it happen ever again. Here is a Schell conclusion:

"What will not come to an end is the nuclear dilemma itself. Nor does it seem likely that the decisive influence of the nuclear dilemma on the American Presidency—whatever form that influence may take as time goes on—will come to an end. For the advent of nuclear weapons has done nothing less than place the President in a radically new relation to the whole of human reality. He, along with whoever is responsible in the Soviet Union, has become the hinge of human existence, the fulcrum of the world. He lives and works astride the boundary that divides the living world from universal death. Surveyed from where he stands, the living creation has no more permanence than a personal whim. He or his Soviet counterpart can snuff it out as one might blow out a candle. If Presidents in recent years have lost touch with reality, bringing disaster to their Administrations and to the nation, may it not be because their grip on what is literally human reality—on the continued existence of mankind—is so tenuous and shaky? When the whole of human existence is trembling in one's grasp, it may be difficult to train one's attention on each detail. And, measured against the extinction of the whole, almost anything that does not contribute directly to the current scheme for survival may seem to be a detail." Words that *must* be remembered this Presidential-election year.

MARTIN SCORSESE



The Rudi cut is the smoothest cut of all—if you're Nureyev (*above*)—all feline grace, architectural face. Rudolf's to be Rudolph, as in Valentino, playing in Ken Russell's movie.

GUY BILLOUT



# Words for '76

hold tight

HUMOR

personal responsibility

**CLASS**

as in having class

**self-honesty**

heart

**zanzy**

which means authentic, splendid, realistic, excellent

*bicentennial*

**the best** meaning:

we must have the best this election year.



## Doing it the American way

Harold Prince, Broadway's most original director-producer, and composer-lyricist Stephen Sondheim are at it again. Last time it was *A Little Night Music*. Now it's *Pacific Overtures* (left, one of its lion dancers). A musical unlike any Broadway's ever seen, "P.O." is bitter, beautiful, and Kabukinesque. America made its Pacific overtures in 1853: Japan's never been the same. That's what this musical's about.

ZOË DOMINIC

# Mistreatment madness

BY JIM  
AND

CAROLYN BARDEN

**S**

ome of the three and one-half million women receiving psychotherapy in this country are literally being "driven crazy," in the opinion of many within the profession, by therapists who still hold stereotyped views of "the woman's role." If your anxieties, depressions, and unfulfilled desires are overwhelming, you should get professional counseling; but make sure you get a therapist whose counseling is aimed at what is really best for you—other-

wise the treatment may make your problems more severe.

It may come as a shock to a lot of women, but many psychotherapists think females are mentally unhealthy when they show some of the same traits as mentally healthy males. These therapists believe a married woman is not all together if she wants to get out of the house and work. And if she is really competitive and assertive in her job, the same therapists think that shows even more emotional instability.

At the same time, these therapists regard men in tip-top mental shape if the men are ambitious, assertive, and competitive. This double standard of mental health goes so far as to take in the sex drive of women and men. If a woman enjoys sex often, that indicates some mental problems. If a man is highly sexed, that's simply a sign his head is in the right place.

Even in the age of feminism, this unenlightened view of women is held by therapists of both sexes. At least ten studies have shown this to be true ever since the double standard of mental health was first documented in 1969 by five Massachusetts psychotherapists, whose study was published in the *Journal of Consulting and Clinical Psychology*.

Some women are being psychologically harmed by therapists practicing this double standard, or by those who hold stereotyped views of "the woman's role."

Take the case of Gloria Harris, a New York housewife in her early forties who wanted to return to work after her two young children started school. She couldn't find the courage to tell her highly paid husband, an industrial engineer, what she wanted to do, even though she grew extremely depressed with little to do around the apartment each day. In an effort to get her out of the doldrums, Mr. Harris suggested she see a psychiatrist. The husband said the psychiatrist would make her stop feeling sorry for herself.

Mrs. Harris consented because she thought the psychiatrist might help her to break the news to her husband that she wanted to work. She had a liberal arts degree and had worked in advertising for several years before marriage; but the psychiatrist advised her to devote full time to being a wife and mother, which he said would make everyone in the family happier: her, by giving her a sense of accomplishment at preparing elaborate meals and keeping a spotless apartment; and the husband and children, by having her devote herself to them.

In trying to assume the role of "super wife," Mrs. Harris became even more despondent. When the depression sometimes turned to anger and she told her husband to fix his own meals and the children to get themselves ready for school, the psychiatrist said she had become a manic depressive. With

the consent of the husband, the psychiatrist had Mrs. Harris committed to a private psychiatric hospital. Mrs. Harris spent two months there undergoing counseling aimed at helping her to adjust to her role of housewife. She got out by convincing the doctors—and herself—that she was ready to be a contented wife and mother.

The husband, meantime, had the idea of buying a house in the suburbs where he thought his wife could be happier by having more (Continued on next page)

**"Some American women are being 'driven crazy' by psychotherapists who try to mold them into outdated sex roles"**



(Continued) to do. Mrs. Harris did not find happiness as a suburban housewife, but she did find a female therapist who disagreed with the diagnosis of her earlier doctor; she thought Mrs. Harris's contentment—as well as that of her husband and children—could be achieved by having her work outside the home. At the suggestion of the psychotherapist, who is now counseling both the husband and wife in accepting their new roles, Mrs. Harris is now working in a public-relations job three days a week as well as taking care of the house, with some help from her husband.

Mrs. Harris, according to woman-oriented, "feminist" psychotherapists, was a victim of a classic case of miscounseling in which a traditional-thinking

## "Many therapists treat women as unbalanced when they show the same traits as men who are 'mentally healthy'"

therapist refused to accept a woman's feelings about what she wanted to do. Instead, he tried to make her adjust to the stereotyped role of housewife because he himself believed a wife's place is in the home. If the male psychiatrist had given Mrs. Harris support in her desire to return to work, the woman-oriented therapists say, chances are that she would never have reached a stage at which the therapist thought she needed treatment in a hospital.

At a time when women in increasing numbers are going into psychotherapy, Women's Movement therapists in both the American Psychiatric Association and the American Psychological Association are warning women against therapists who see them only in such roles as wife and mother, secretary and nurse.

"Every patient should be as thoughtful about choosing a therapist as she is about choosing a surgeon," said Nancy Roeske, M.D., of Indiana University, who was the chairwoman of the American Psychiatric Association's Task Force on Women, a group that, after spending more than two years probing the problems of women in therapy, was succeeded earlier last year by a permanent Committee on Women.

"A good therapist will help a woman develop a real under-

standing of what she wants out of life and how best to attain it without imposing any of his or her prejudices on the woman about the roles the therapist thinks she should fulfill," Dr. Roeske said.

Alarming, the Psychiatric Association's Task Force found that there were "multiple problems" regarding the way psychiatrists were counseling women at the present time. Hundreds of incidents of sexism in the counseling of female patients by therapists were uncovered by the American Psychological Association's Task Force on Sex Bias in Psychotherapeutic Practice, which is continuing its studies.

The latest figures from the National Institute of Mental Health show in dramatic fashion the rising number of women in therapy. In 1971, the Institute reports, about one and one-half million female patients were either hospitalized or treated as outpatients at all types of psychiatric facilities. In the same year one hundred thousand fewer men were treated at the same institutions. Eleven years earlier, the Institute reports, there were eighty-two thousand more male patients treated at the same type of institutions. No statistics are available on the number of people in private therapy, but the Psychiatric Association estimates there are at least two million with the ratio of women over men 60 to 40.

The Institute's figures indicate that cases in which miscounseled women are hospitalized may not be so rare, either. In 1971, the Institute reports, there were just as many female patients in psychiatric institutions as there were male: 1,050,000 of each. Eleven years earlier there were thirty-five thousand more male psychiatric patients. This is one kind of equality that women don't need.

Another common failing of traditional-thinking therapists, according to the Women's Movement, is that they invariably look to traditional sex-oriented trouble spots for the causes of women's emotional distress. A young female graduate student at a prestigious New England university went to a male therapist because she began having doubts about her ability to do the work required for the advanced degrees she wanted. The therapist told her that she was *really* bothered by doubts about her ability to establish a relationship with a man. After two years of therapy during which she continued to struggle in school, the student switched to a female therapist. The therapist immediately accepted the student's doubts about her studies as the prime issue and after a few weeks of assertive training the student was working with more confidence.

(Continued on page 136)

Listening to pretty music **V**ictor **H**erbert **J**ohann **S**trauss **J**erome **K**ern **L**ennon-McCartney **H**arold **A**rlen

**L**ouis **G**ottschalk **V**incent **Y**oumans **H**oagy **C**armichael **A**rthur **S**chwartz **S**tephen **F**oster **S**imon and **G**arfunkel

**F**ranz **L**ehar **R**udolf **F**riml **S**igmund **R**omberg **G**eorge **G**ershwin **I**rving **B**erlin **C**laude **D**ebussy **R**ichard **R**odgers







## The queen of clubs

Régine has two in Paris, three in Monte Carlo, and one coming up in Manhattan—but gorgeous. She's also got notions for one in Rio, one in L.A., and one in Houston. What are they? Nightclubs—the classiest in the world, the kind that create a level of luxe, cheer, well-being to which all other clubs aspire. That's *le style Régine*—involving her decorator Pinto (high Art Deco), her “artistic director of cuisine” Michel Guérard (no diet menus in Régine's Manhattan), and dancing to, says Régine, “very good music... happy dancing, and the women will be well-dressed and glamorous.” In *The Seven-Per-Cent Solution* movie (she's the madam of a bon-ton brothel), Régine sings Sondheim's “I Never Do Anything Twice.” That's a lie. Régine does it again and again—triumph!

## Wanted: revolutions for '76

**Against:** waste; whomped-up headlines; junk mail; small mailboxes; Bicentennial schlock; moping; political fast-talk; computers gone crazy; brick ice cream in three grey colors; negative journalism; sweeping generalizations; ms-conceptions about Women's Lib; the phrase “ignorance is bliss”; sweat shirts with slogans on them; conceit; self-pity; chemical preservatives identified by oddball initials; know-it-all waiters; unwitty graffiti; spin-offs; mutterers; less service for more money; premature mortality—when you can't buy the thing you love best because it's been discontinued; doing your own thing. Now you do it together!

HENRY CLARKE

# Pix, newest collectors' picks

BY BARBARA ROSE

**L**ow prices and a still plentiful supply of masterworks make photography the new field for adventurous art collectors. There are many reasons for the tremendous recent upsurge of interest in photography and for its privileged position in the hierarchy of the arts today.

“From today on, painting is dead” was the aggressive battle cry of the discoverers of photography as an art; from the moment of its invention in the nineteenth century, photography was recognized by artists as a new medium for representing reality. The first photographic art imitated painting; today, in painting, Photorealism imitates photography—as if to acknowledge a reversal of roles.

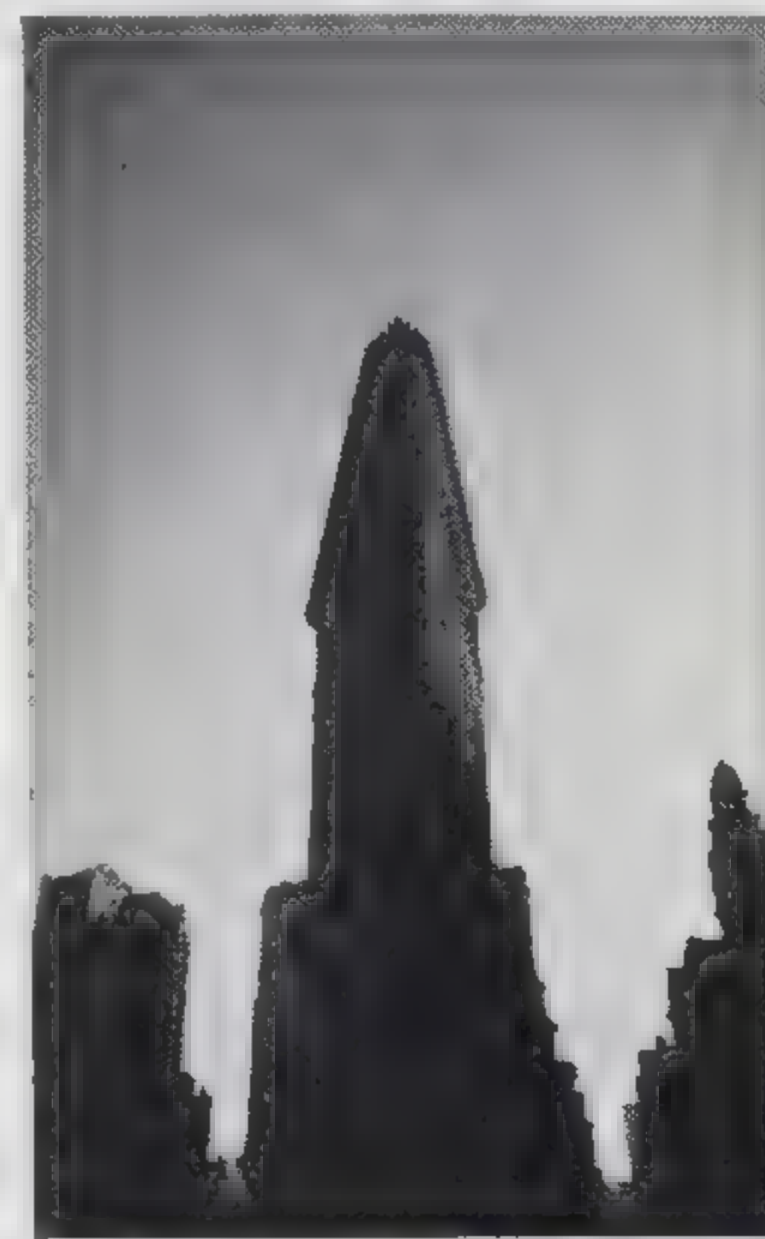
Despite the early interest in photography of such artists as Corot and Degas, the public was still hesitant about the value of machine-made images as “fine art.” Alfred Stieglitz, the great American photographer, tried to change this situation by exhibiting simultaneously photographs and modern art in his gallery “291” early in this century. His efforts appear now finally successful; and there is some irony here. Recently, a single issue of *Camera Work*, the magazine Stieglitz founded to publish photographs and criticism, brought \$5,500 at auction; when *Camera Work* ceased publication in 1917, it had only thirty-seven subscribers. Today, thousands are bidding for the photographs Stieglitz showed and published. A print of “Steerage,” Stieglitz's own celebrated photograph of immigrants arriving in America, sells for \$4,500—when you can find one!

The popular appeal of photography in a mass culture is obvious: it is technically simple and records images everyone can recognize, as opposed to the painter's private inner world. This representational art attracts a large public bored by abstraction in painting. Because photographs record the external world—no matter how transformed by the eye of the artist—they give access to the full range of art-historical subject matter—from landscapes to portraits, to still life, to genre, to historical events—that abstract art, in its quest for purity, renounced. Although only painters could re-create religious scenes—no one has yet photographed the Madonna—in a secular age such as ours, art is increasingly more a matter of fact than a matter of faith. (Some photographs, of course, are difficult to make and hard to understand; and, in fact, it appears that the greatest photographs also require mental effort on the part of both creator and viewer.)

Through its broad appeal, photography is drawing larger and larger crowds to more and more museum shows; and photography galleries are sprouting up all over America. The range and quality of this great new wave of photography is as variable as can be imagined. Because photographic criticism is in a primitive state, values—esthetic as well as economic—have yet to be established. This means that the well-informed collector can have a bargain-hunting picnic in the field.



Imogen Cunningham, “Magnolia Blossom,” 1925; 7½” x 9¼”, recent prints, \$150. Witkin Gallery, N.Y.

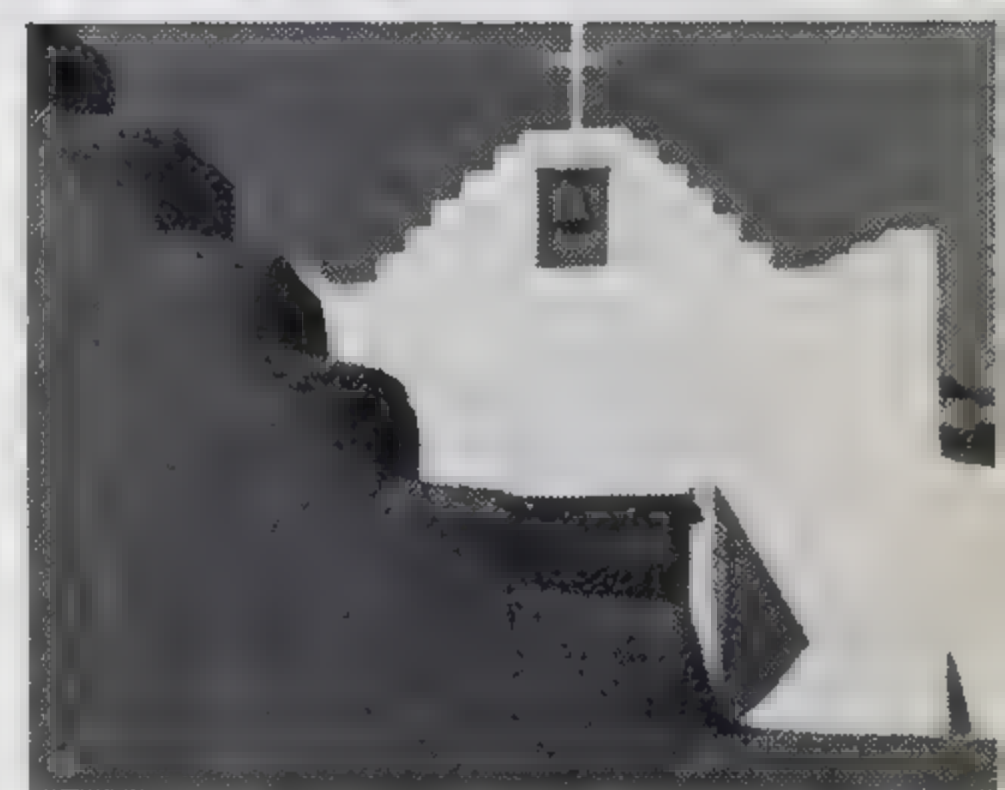


Wren de Antonio, “Flatiron Building,” 1974; 5¾” x 9½”, \$100. 803 Sixth Ave., N.Y.

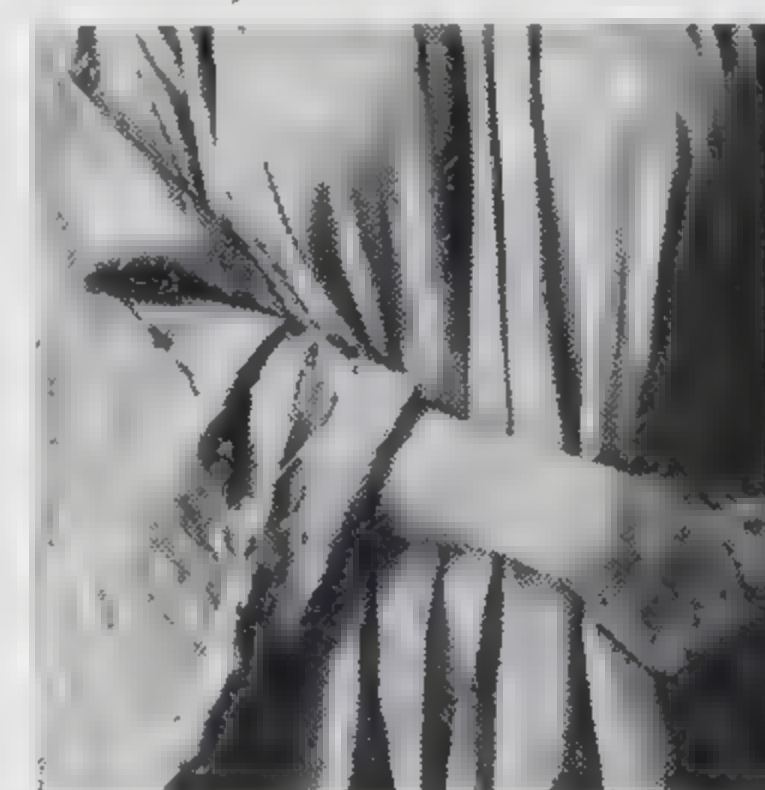
David M. Kennedy, “Brewster, N.Y.” (below), 1974; 7¾” x 9¾”, \$75. SoHo Photo Gallery, New York.



Laura Gilpin, “Picuris Church,” 1963; 8” x 10”, recent prints, \$100. Witkin, N.Y.



Melissa Shook, untitled photograph (left), 1973; 4¼” x 4¼”, \$25. Foto Gallery, N.Y.



Lynn Davis, “James Van Der Zee,” 1975; 8” x 12”, \$125. Studio, 84 University Place, New York.



## WHERE TO LOOK, WHERE TO BUY

Art galleries are beginning to show photographs (Avedon at Marlborough, Hans Namuth at Leo Castelli, Horst at Sonnabend, for example), and new galleries specializing in photography are opening every day. In New York, the Witkin, Light, and Robert Schoelkopf galleries are major sources. Galleries selling photographs outside of New York: *California:* Betty Gold, 723½ N. La Cienega Blvd., L.A.; Jack Glenn, 260 Newport Center Drive, Newport Beach; G. Ray Hawkins, 9002 Melrose Ave., L.A.; Phoenix Gallery, 257 Grant Ave., San Francisco. *Michigan:* Halsted 831 Gallery, 560 North Woodward, Birmingham. *Texas:* Cronin Gallery, 2424 Bissonnet, Houston. *Washington, D.C.:* Washington Gallery of Photography, 216 7th Street, S.E.; Lunn Gallery, 3243 P St., N.W. *Massachusetts:* Marcus Krakow Rosen Sonnabend, 7 Newbury St., Boston.





**People**  
are talking about...

...what's news, what's coming

**The sweet sound of jazz surging bigger and variously better on Broadway, over rocked-out radios, club-scene riffing. The telly's next: in special *Louis Armstrong/Chicago Style* Ben Vereen (left) jazz-matazzes it to the soar of Satchmo's horn.**

## Big Apple love, but with a realistic bite

# NY

It began in November, December, to surface in the Big Apple's streets. It rallied thousands in Times Square on "New Yorkers United Day." We add to it this ever-loving commonsensical from master-critic Ada Louise Huxtable: "New York is sublime and ridiculous, capable of genius and idiocy. It is a city of cultural shock. Its extremes can, and do, give people the bends. The proportions of its human problems are epic and its physical facts are contradictory and evasive; the range of contrasts is too great. It used to be fashionable to romanticize these contrasts. It was a big deal to compare diamond-studded Fifth Avenue with slum-studded Harlem, but no more. The agony is too real. ... New York is total illogic, cruelty, beauty and disaster. Fight it or forget it. The reward is life."



### The casting game:

Everybody's playing it—matching the stars to stagey-cagey classics or even goldie oldies. Could be that it's economically safer that way. So here's your chance to play the game. Pictured left: eight stars who will be appearing in six glitter-glamour revivals. The stars: 1. Vanessa Redgrave, 2. Sam Waterston, 3. Katharine Hepburn, 4. Maureen Stapleton, 5. Ruth Gordon, 6. Lynn Redgrave, 7. Michael Moriarty, 8. Jason Robards. The plays: *Hamlet*, *Mrs. Warren's Profession*, *Long Day's Journey into Night*, *The Lady from the Sea*, *A Matter of Gravity*, *The Glass Menagerie*. The game: we've given you the stars, the plays—you get them together.

Answers: Vanessa Redgrave in Ibsen's *The Lady from the Sea*; Sam Waterston in *Hamlet*; Katharine Hepburn in Enid Bagnold's *A Matter of Gravity*; Maureen Stapleton in Tennessee Williams' *The Glass Menagerie*; Ruth Gordon, Lynn Redgrave in Shaw's *Mrs. Warren's Profession*; Michael Moriarty, Jason Robards in O'Neill's *Long Day's Journey into Night*.

## Rich kids' compound: Olympic Tower promises

International comers-and-goers are flocking to New York's Olympic Tower—New York's most comforting and luxurious *pied-à-terre*. It cocoons them in service and insulates them with security and anonymity. Today, such treasures even money cannot often buy. . . . MADAME JEAN-PIERRE MARCIE-RIVIÈRE, apartment buyer, says: "The security system is marvelous, important these days, particularly when we will only use the apartment one month in spring and two in fall. The apartments are expensive, but the upkeep is not high. My husband, a banker, can have secretaries to type; rent a Telex; and use an executive suite when he is here." . . . JACQUELIN T. ROBERTSON, the planner, says: "Conceptually, this is the first really interesting building since Rockefeller Center. And there will be a lot of children of this building all over the United States. Finally we are building in the 1970's what was shown in the movies of the 1940's—penthouses on the 50th floor. Up to now the tops of the high towers have been given over

to offices." . . . NAN KEMPNER, director of condominium services, says: "It's luxury living on a scale one can handle today. Very contemporary. Ideal if you're European or Latin American and used to a staff and being spoiled. You don't need any servants to live in. All the services are available. And the location is fantastic—right there among the stores and restaurants and theaters." . . . STANLEY TURKEL, general manager, says: "Owners of the apartments are international and will use Olympic Tower like a hotel. The services, unique for a private residence, will include catering, banquet facilities, room service—plus a health club, a wine cellar, and a financial communications lounge for use by tenants. A hotel-trained, multi-lingual concierge will be on duty at all times for such things as chartering yachts and jets, procuring theater tickets and arranging for supper parties." . . . CHESSY RAYNER of Mac II, co-designer with Mica Ertegun of the model apartment pictured opposite, says: "The floor-to-ceiling windows give the







*Living room, cool for viewing*



*Dining room for conferences, too*



*Library doubles for extra bedroom*



*Kitchen with a marble floor*



*Planner Jacquelin T. Robertson, left, and view from the top, above.*

## ...the best of everything on Fifth Avenue

*Stainless-steel-striped bedroom*



feeling of floating out across the city. Luxury of the bathrooms is terrific—marble floor and walls and nicely designed chrome fixtures. And there is a separate space for a dressing room with either a sink or a dressing table.” . . . WHITSON OVERCASH, architect from Skidmore, Owings & Merrill, says: “By sheathing it with bronze glass, we created a mirror for reflecting St. Patrick’s Cathedral, across the street. In a thirty-foot high, partially sky-lighted, and air-conditioned pedestrian way between 51st and 52nd Streets—landscaped with a three-tiered waterfall—there will be a café and shops.” . . . STANLEY THEA, vice president of Arlen Realty, the developer, says: “We have a building devoted to a new concept: service. Most owners have two or three other residences. We merchandised the apartments to a select core of 80,000 people around the world. It has been extraordinarily successful in the face of the worst market in a century. Only ten apartments left. They average \$250,000 for a two-bedroom.”



# Food

## Noodle it! Boil it!

It's comforting food, soothing to stomach, untensing for nerves—food like noodles, boiled dinners, with such ethnic cuisines as Japanese tiding across America, Polish popping up profusely in London, and Chinese boom-booming in Paris. About the noodle situation: the big unwind is to rice noodles, bean-starch noodles. They are being eaten in very special “noodle shops” or à la maison—plunged, second-time-around, into broth, even quick-stirred in sesame oil. About boiled dinners: on the zoom as a result of current economics which led to the revival of that '30's Depression favorite, the slow-cooking pot—for making inexpensive cuts of meat, all sorts of veg, delicious. And we have, in this U.S.A., just as many varieties of boiled dinners as there are regional groups. Tip: cabbage is on the way in—it's healthy.

## Watergate, Hollywood style



After a big press ballyhoo over Hollywood's invading *The Washington Post* and fears of journalism gone movieland gaudy, *All the President's Men* is set to test the effect of lest-we-forget in this Bicentennial spring. With Redford and Hoffman (left) as gumshoe newsmen Woodward and Bernstein, this movie will show us silver-screen instant history, done with good intentions and an acute case of verisimilitude: the filmmakers had trash from the *Post* newsroom crated out to California, got “technical advice” straight from the Watergate horse thieves' mouths. “Remember the Maine” and forget the war?

**Mod nod** turning into a huge everybody-welcome joyful smile, what with all manner of modern dance getting the plaudits coast-to-coast. The mod dance rage: from national treasure Martha Graham to Paul Taylor to Murray Louis—his dancers, *below*, merry-make in *Catalogue*, a turn-of-the-century paean inspired by Sears Roebuck catalogues and set to album-leaf Victor Herbert tunes.

TOM CARAVAGLIA



People  
are talking about...

Nancy looks good wherever she goes: celebrating in New York's Metropolitan Museum of Art (above) or strolling in the People's Republic of China (below right).

A stand-out in front of the Taj Mahal: Nancy's impressive anywhere

Nancy out-cameras statespeople Golda and Henry when Mrs. Meir greets Mr. Kissinger on a Jerusalem visit

Even cows stare at Nancy while she visits a Chinese commune—a day trip on a Kissinger jaunt to Peking

## Not Mrs.

# N

ancy Maginnes Kissinger is one of those lean, streaky-blondes who are somehow symbols of the leisurely life in America. You know them. You've seen them a thousand times. If they're not pouring tea in one of the nation's better drawing rooms or presiding over exquisite little formal dinner parties, they are forever leaning against split-rail fences while their Thoroughbred racehorses frolic in the bluegrass beyond. Or standing atop some exotic palm-fringed bluff with whole oceans

spread out at their freshly pedicured feet.

Nancy Maginnes Kissinger *looks* like that, down to the perfection of her short, unpolished fingernails. But she's not like that at all. Not for her are the silver tea services, exquisite little dinners, or racehorses; and she hasn't time for the serenity of tropical beaches. Behind that handsome, unruffled exterior instead is a brainy, busy woman of the 'seventies—a thoughtful and dedicated history scholar whose special life-style suggests a clear set of priorities.

Henry Kissinger, the man and the Secretary of State, obviously comes first in Nancy's life, *then*—until recently—her job with Vice President Rockefeller's Commission on Critical Choices for Americans, and after that whatever else she can fit in. At this stage, she hasn't much time. She has postponed work at the University of California at Berkeley toward a doctoral degree in history. She worries about losing touch with lifelong friends. But she has good-humoredly accepted the fact that her upstairs closets are in disarray and that her study may be a lot less than neat.

“I have paper everywhere,” she said frankly. “My study looks as if it had been hit by a cyclone, as if we'd been in a state of siege for weeks. But I know where things are. Besides, I'm the one who has to live with those papers.”

A collected and fairly unflappable woman who was more hurt than angry when a reporter made off with her garbage not long ago, Mrs. Kissinger smokes between two and three packs of cigarettes a day and does not like to be rushed. “If I am,” she said, “I misplace things. I make mistakes.” She



...what's news, what's coming

# Possibly America's most mobile wife, camera-eyed and news-flashed daily—a good-looking woman armored by her own identity

The "ruffles" and flourishes" are worn by Nancy at a White House bash

Movie-star shades are Nancy's eye-catchers in the Vail, Colorado, sun

Photo-front Nancy: the outlookers are Bess Truman and Henry K.

## Anybody, she's Nancy Kissinger

LARGE PHOTOGRAPH, JUDY MUNN, TRANSWORLD FEATURE; SMALL PICTURES, UPI.

BY CHARLOTTE CURTIS

knows, too, that there are only so many hours in the day and that life works better if they're put to good use. "I don't have a system," she said. "I'm not organized. I always dream that someday I'm going to be. With the travel and the sudden demands made on Henry, I don't even try to plan for more than two days ahead."

Since the Kissingers have known each other for more than ten years (they met while both were working for the then Governor Rockefeller; Mr. Kissinger has said that if he'd had *his* way, they'd have been married three years before they actually were), Mrs. Kissinger had the time to figure out how to correlate her foreign-studies job in New York with her husband's Washington-based global responsibilities, and she seems to have succeeded.

Nancy moved to Washington, where the Kissingers rented a pleasantly furnished house big enough to accommodate the ubiquitous Secret Service and Tyler, their ebullient Labrador retriever puppy. They have since added some of their own furnishings, including two screens they bought in Japan and a collection of archaeological pots Nancy started during their five long, hard trips to the Middle East.

Now, when she isn't traveling to China or the Middle East, officially entertaining foreign visitors, or attending the few parties Mr. Kissinger allows himself, Nancy Kissinger is running the house. When she was working, she made lists on scraps of paper she stuffed in the side pocket of her voluminous handbag, dealt with her New York office by phone, by airmail special-delivery letters ("They got there in a day"), or, occasionally, in person. "Most of what I did you could do anywhere," she said modestly. "A lot of it was reading." What she didn't mention was the superior organization she brought to ideas and to history background papers.

On a typical weekday morning in Washington, Mrs. Kissinger may be found either in her study, on her way to the dry cleaners, or behind a wire cart—shopping the local Safeway for the lamb-chop, steak, or meat-loaf dinners on which Mr. Kissinger dotes. "I go early," she said, "when the office workers are at work. I avoid evenings and Saturday mornings when it's their turn. It's my favor to them."

Before they were married, Mrs. Kissinger remembered, Mr. Kissinger

once went to the supermarket. It's not clear whether he liked it or not, but he hasn't been back. His wife says he really doesn't have the time. "He works thirteen-hour days," she said. When she was single, Mrs. Kissinger loved to cook, mostly because she had more time and it wasn't a regular thing. "Now," she said, "I do so much. It takes me all day and I mess up the kitchen from one end to the other."

Cooking dinner, however, is an important way to get the peace and privacy Mrs. Kissinger says she and her husband need—as well as a simple, unfussy meal. "We eat out so much," she said. "One more sauce or one more gravy and I'll scream. When we got home from our last trip, Henry said, 'Isn't it nice to be in our own house?' We were anxious to get home. As much as we travel, we get tired of hotels. I like sleeping in my own bed."

Dinner, which the Kissingers occasionally elaborate for "our irreplaceable, intelligent, and charming friends" (a circle that includes the David K. E. Bruces, Tom and Joan Braden, Carol Laise and her husband, Ellsworth Bunker, the Winston Lords, Susan Mary Alsop and her former husband, Joseph Alsop), is very informal. The menu consists of meat, potatoes, a vegetable, salad, and a dessert Mrs. Kissinger has made ahead of time.

"We put the wine on the table and pass the salad bowl," she said. "I put some of the food in the center and people can help themselves. That way, there's no room for candlesticks or flowers, so I usually don't bother."

Larger dinners, which seem to mean more than ten but nothing in the enormous, officially grand category that automatically takes them to the State Department, require a more formal atmosphere and a caterer. But Mrs. Kissinger refuses to take even these gatherings very seriously. "All you have to do," she said, "is rearrange the dining room and throw a couple of legs of lamb into the oven."

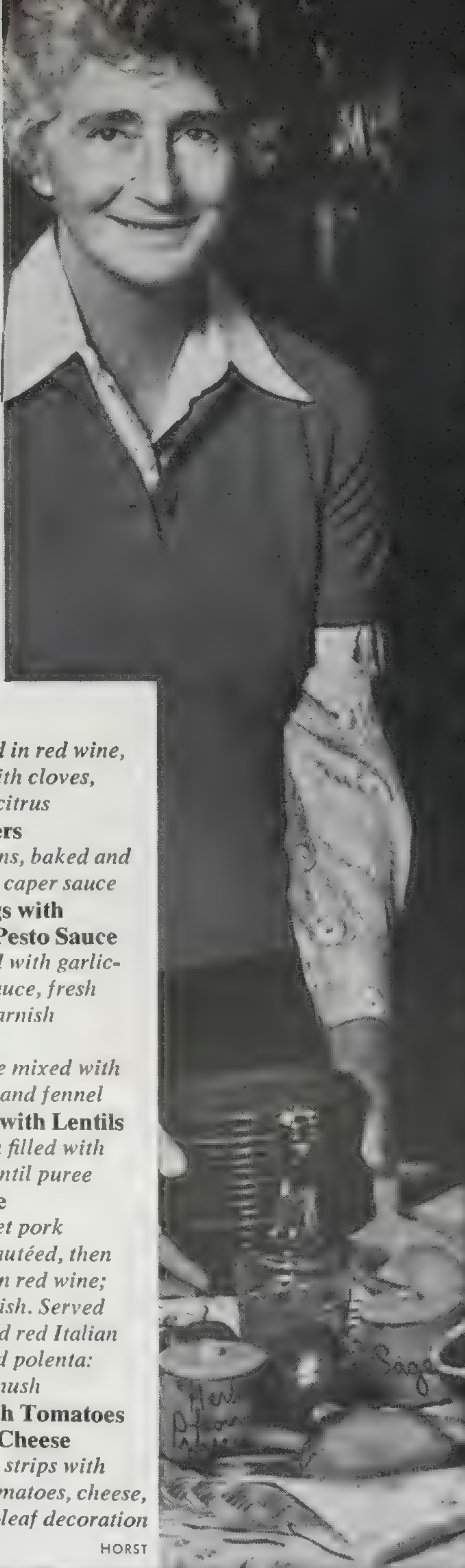
Such honesty and lack of pretension are the elegant Mrs. Kissinger's style. A Mount Holyoke graduate and the daughter of a comfortably secure White Plains, N.Y., family, she is utterly unimpressed by the fact that she is married to one of the most famous Secretaries of State in American history. And although she is an exceptionally private person living a highly visible life, she won't hide behind the barricade of a public (Continued on page 131)







Buffets are booming, everything served with maxi-speed, mini-fuss: breakfast, lunch, or dinner. When she flies in now and again from her villa in "the Newport of Italy," Porto Santo Stefano, Susanna Agnelli (right) instantly asks twelve friends to her New York apartment for a luncheon buffet. How does this whiz—who is mayor of Porto Santo Stefano and granddaughter of the Agnelli who began the family's Fiat auto empire—produce a dozen delicious Italian dishes and a roomful of laughter on a day when any other traveler would sag with jet lag? The answer is easy Italian dishes, the incredible energy of Suni (her name since the childhood she describes charmingly in her book *We Always Wore Sailor Suits*, Viking), and the help of three young Argentine girls. If you cook alone, split her meal in half: we tell you how, beginning on page 38.



# Italian buffet tricks

## easy wings

The new ease of winging: short-hopping in big-comfort planes like the Airbus, below—equipped to jet-schlepp 262 "one-class" passengers to Caribbean hot-spot isles... long-hauling in the back-again luxury of sky-berths with Singapore Airlines the first to up-fit lounges as high-flying sleepers.

- 1 **Zesty pepper plant, artful dishes on Suni's Italian buffet table**  
Menus, fourteen recipes begin on page 38
- 2 **Tomato Flowers, Gorgonzola Sauce**  
Ripe tomatoes stuffed with fresh basil leaves; cheese sauce has celery-leaf decoration
- 3 **Fig and Grape Pie**  
Brandied figs and raisins in a cinnamon-spiced crust; decorated with fresh figs, grapes
- 4 **Baked Melon**  
Cantaloupe slices, peeled and baked, garnished with lemon rind
- 5 **Bruschetta—toast with olive oil**  
Italian way to sample fresh olive oil: serve with pots of mixed herbs, bowl of salt-pepper, toasted Italian bread; Italian red peppers for garnish
- 6 **Pears in Wine**  
Pears baked in red wine, seasoned with cloves, cinnamon, citrus
- 7 **Brains with Capers**  
Calves brains, baked and served with caper sauce
- 8 **Hard-Boiled Eggs with "I Hate Garlic" Pesto Sauce**  
Eggs served with garlic-free basil sauce, fresh basil-leaf garnish
- 9 **Wild Rice Salad**  
Cooked rice mixed with raw endive and fennel
- 10 **Prosciutto Rolls with Lentils**  
Italian ham filled with seasoned lentil puree
- 11 **Sausages in Wine**  
Italian sweet pork sausages, sautéed, then simmered in red wine; celery garnish. Served with roasted red Italian peppers and polenta: cornmeal mush
- 12 **Egg Noodles with Tomatoes and Mozzarella Cheese**  
Wide pasta strips with sauce of tomatoes, cheese, basil; basil-leaf decoration

HORST

## The fiction guys



UPI

**John V. Lindsay** —New York lawyer, left, that charm boy, show-bizzy three-term Congressman, two-term mayor of his Fun City, one-time actor (Otto Preminger's film *Rosebud*) —has gone fictional. The result: *The Edge*, a short, taut terrifier set in the near-distant future when our nation is practically a basket case and martial law is about to usurp the land. What makes it real is the Lindsay political past—he's been a Congressman deeply related to his hero, Mike Stuart. What gives it a don't-look-now-but-isn't-that? feel is Lindsay's joke-on-you dedication, "To Mary, who is also Juno." Mary Lindsay is, indeed, the real-life Mrs. John V.; Juno is Mike Stuart's mistress in *The Edge*.



UPI

**William F. Buckley, Jr.** —political commentator, left, that all-American "conservative's conservative," editor-in-chief of *National Review*, syndicated columnist, *Firing Line* TVer, nonstop wit—has, you've guessed it, written a novel. His result: *Saving the Queen*, a jape-spiked, I-spy-on-you-spy fiction in which the Queen of England (mythical) couples with Blackford Oakes, a Yale (Buckley's the Yale who wrote *God and Man at Yale*) who's on the job for the C.I.A. What makes it all so funny-real is Buckley's way with such as Eisenhower, Dulles, Rocky; his sure knowledge of manipulative politics; his being at home in the Court of St. James's, New Haven, Washington, D.C., Moscow, U.S.S.R. It's this kind of cosh-josh book: "Rockefeller looked hard at Blackford Oakes, and the political reflexes that had taken him where he was itched with apprehension. He paused a moment, and then moved."



# new think on bea

We've always known that health is a prime requisite for beauty and vitality. But in the past we took health for granted, used science for cures, rarely for prevention. Doctors were concerned with sickness, not health. Today, the balance is beginning to shift—today we know that our skins, our hair, our bodies need as much care when they are well as when they are not—in fact, we're beginning to see that care improves their chances for long-lasting health. Here and on the following four pages are some discoveries you might use to step up your beauty and vitality.

## Listen: Your hair is talking

Like everything else in our bodies, hair speaks in concrete terms—when you're healthy, it says so; when you're not, it begins sending signals... learning to read those signals is what good hair is all about.

**Its texture tells** you what kind of style you should have. For example, coarse, wavy hair can be straight and smooth only at the expense of a great deal of time, effort, and—worst of all—probable hair damage resulting from chemical solutions or high heat used to straighten it. Instead, go with your hair texture. Whatever the texture, the day before getting a cut, shampoo, comb through once, and let hair dry naturally, now and then running your fingers through it to give a slight lift. When dry, look in the mirror and study what you see. How does it fall? Is there a slight wave or is it straight? Shake your head once or twice, then push hair toward your forehead, noticing where it separates—that's your natural part line. Spend at least a day living with your hair in its completely natural state, uncurled, unaltered by any extra styling. Once you discover your real hair, use that knowledge to get a cut that allows it to be itself—and enjoy the startling new freedom a good cut can give you.





# uty

**Its color adds** to your impact. Many of us think that haircolor only changes by turning grey. That's often not the case...color alters as we do—it can fade, or become darker; it can grow dull, lose its luster, and leave us ever so slightly dimmed. Today, there's no reason for hair to endure diminution in color or tone. The people at Clairol—who've played the game longer and better than most—have recommendations. Most **blondes** should go lighter—either cool ash tones or warm golden ones. Dark hair is not usually flattering to their fair skins. Streaking or highlighting is a definite plus for blondes. **Light brown** can be either lightened or darkened, depending on skin tone and whether hair has gold or red highlights. **Dark brown** should be either darker or just a very few shades lighter. Golden highlights can be effective, but avoid streaking—too much contrast. **Redheads** should stay with red tones, whether lighter or darker—their skin tone doesn't adjust well to other colors. **Black hair** is difficult to lighten but looks good with either additional warm brown highlights or blue-black ones. **Grey or white** hair can be covered or enhanced—just remember to choose light shades.

**Its condition says** what shape you're in. Super hair-man Harry King, cutter of the hair above, says, "When you're ill, the first thing that's affected is your hair. If you feel well, it's bound to show." Does your general tone really have that much effect on your hair? Definitely, says Ron-Lee of New York's Don-Lee Studios, specialists in treating both men and women for hair loss, breakage, scalp problems—whatever threatens healthy hair. "Hair only reflects how people feel, how good their systems are," explains Ron. "People come to us wanting good hair, but they can only get it as healthy as that individual system will allow. We recommend that they stay away from junk foods—pastries, cakes—eat a well-balanced diet, get enough rest, and exercise in particular. Someone who sits at a desk from nine to five, goes home, watches television, then goes to sleep is cutting down on circulation throughout the entire system. Whereas the well-exercised person is improving the tone of every part of her body." Whatever condition your hair is in, it can only be improved with proper care. Ron-Lee believes that most people don't shampoo correctly. "First, always use a mild Castile-based or organic shampoo—avoid detergents. Concentrate on just washing the scalp, leave the ends alone until the last rinsing. This method gets rid of dirt and grime on the scalp without drying out ends. I'm a great believer in daily shampoos—particularly for people who live in metropolitan areas—with pollution and dirt, the pores in the scalp can start to clog. Remember that, like every part of you, hair needs exercise, which is why we recommend daily brushing—provided you have no scalp problems. Always stroke the brush from the scalp to the very ends of the hair—many women brush only the top and lose the benefit of bringing the oils down the entire hair shaft. Brush for a few minutes until you feel your scalp start to tingle."







# nonstop energy

the doctors' way to get going and keep going

BY JOANNA BROWN

**T**otal fitness is unfailing energy . . . you're handling daily life activities and you're not scared of ordinary emergencies because you know you can cope. That's unfailing energy." Having helped solve the problem of astronauts exercising in space, Laurence E. Morehouse, Ph.D., coauthor of *Total Fitness in 30 Minutes a Week*, is now using his considerable skills to motivate the earthbound to lead more joyously energetic lives. One of the most interesting things about Dr. Morehouse's theories is the concept that lies behind them: you can and should turn your whole life into an energy-making program so that you require only 30 minutes a week of specific exercise. "I don't know where we got off the track in our exercise programs," says Dr. Morehouse, "thinking that you have to work so hard and sweat and get stiff and sore, otherwise it's not doing any good. You don't need to go to the absurd degree of developing extremely powerful muscles or having a finely tuned cardiovascular system to give you great endurance for running distances, because you're not going to be doing that—that's super fitness and that's not what we're talking about.

"We're talking about two things . . . one is performance, the other is exercise. **Performance** is the physical work you have to do; **exercise** is the body's response to effort. If you're in very good condition, you can do a lot of work with a very mild response, but that's not the point, because what you want in order to become exercised is a strong response. For example, if your pulse rate is only 100 while you exercise, then you're not getting any cardiovascular benefit and you must therefore raise the physical quantity of the work in order to bring your body responses up.

"This is called the principle of 'overload.' Overload means that you're putting a little more burden on the system than it had the day before. This is what causes an increase in condition. We've taken records of three people running together at the average rate of eight or nine minutes a mile. One person's pulse rate is only about 100—he's just wasting his time; it's not a workout. The second person's pulse is 120 or 130—a nice cardiovascular workout. The third person's got a pulse of 180. That's way too much.

Vogue asked Dr. Charles Smithen, a cardiologist and assistant professor of medicine at Cornell Medical Center in New York, just what medical benefits there actually are in raising the pulse level to around 120. "Apart from a new-found *joie de vivre* that we see in patients who undertake these exercise programs, we also find that the heart is made more efficient, it becomes a better energy conserver. After three months of a physical-training program, heart rate and blood-pressure response to exercise is lower. That is, the oxygen or energy demands of the heart are lower and, as a result, the heart functions a lot better—it can withstand more stress." This is an important benefit when you consider that 600,000 people die of coronary artery disease every year—it is by far the single biggest killer in this country. As Dr. Smithen points out, "One third of all the disability payments in the U.S. is for heart disease—we're talking about twenty billion dollars a year

## Measuring your energy potential

Today many physicians are supplementing a resting electrocardiogram with a newer, more sophisticated method represented in the photograph at left—the Stress Test. Shown here, a monitored bicycle from a Cardiac and Pulmonary Rehabilitation Center. CPR Centers are providers of Exercise Stress Testing and Telemetry Monitored Cardiac Rehabilitation in many communities throughout the country. In testing patients, either a bicycle or treadmill is used to bring an individual gradually to a higher and higher level of performance, continuously measuring heart rate and blood pressure. As one cardiologist explains, "When the heart is rested, there is very little demand for energy. The demand occurs when it exerts itself, and the higher the heart rate, the higher the blood pressure, the more oxygen or energy demands there are on that heart. The electrocardiogram at rest may be totally normal because the supply-demand relationship is such that the supply exceeds the demand. When you exercise somebody and exceed the demand, in a normal person the supply should increase but in someone with coronary artery disease, the supply can't increase—those vessels don't deliver anymore. It's at that point that you get wave changes on an exercise test—you find out how the heart is really functioning. That's the basis of a stress test."

in disability payments. And of the 600,000 who die annually, two-thirds died before they ever reached a hospital. So you can see how vital it is for people to think of prevention, of trying to get the system in good enough shape to avoid even the beginnings of a cardiovascular problem.

## How high is your energy level?

1. If you're going to have to climb two flights of stairs, walk up at normal speed and check to see how you are at the top of the stairs. If you're gasping for breath, feel wobbly or a little bit dizzy, it shows your cardiovascular condition is poor.
2. If you're exerting yourself after a brisk walk to make a train, bus, or airplane, or are really hurrying to an appointment and you feel your heart pounding in your head, that's a bad sign. It's all right to feel your heart pounding in your chest, but if it pulses in your head, you've overexerted.
3. If you have carried some heavy bags or groceries and set them down, then notice about five minutes later that your heart is still pounding, you are in poor condition.

## How to make exercise truly beneficial:

Dr. Morehouse has several recommendations: First, you should expend at least 300 calories per day in exercise. Second, each day increase your heart rate above 120 beats per minute for at least three continuous minutes. Both benefit metabolic and cardiovascular functions. Third, you need to load your muscles above 50 percent of their maximum strength for about five seconds once a day—lifting a child or carrying a heavy package will do. This aids in promoting muscle tissue and strength. Fourth, stand for at least two hours a day. Dr. Morehouse believes that this has two functions—maintaining bone structure and helping blood pressure to adjust to postural changes.

"There are two interesting studies that are relevant to the possible life-extending benefits of exercise. The first was the so-called London Bus Drivers Study, where it was discovered that the life expectancy of the conductors was far greater than that of the drivers—the only significant difference in these groups being that the former went up and down the stairs collecting fares, while the latter sat still all day. In the Irish Brothers Study, it was found that the brothers who remained in Ireland lived longer—possibly because they were doing heavier physical work than their successful, sedentary brothers in Boston. While it's very difficult to prove that lack of exercise is a risk factor, it makes logical sense.

"For one thing, there is certainly evidence that people with hypertension lower their blood pressure with exercise. Triglycerides (definitely a risk factor) are also lowered with exercise—cholesterol is not. I advocate that my patients who do not have a disease exercise about fifteen to twenty minutes every day or every other day with activities that exercise the heart—jogging or running around the block, swimming, tennis, bicycling—a stationary bike is very beneficial to someone who can't get to the other forms of exercises. The object of the game is to get your heart rate up; it's nice to do exercises that make you feel good, but the main point is to get that heart racing."

Even those of us with none of the high-risk cardiac symptoms—overweight, heavy smoking, family history of heart disease—even we suffer the penalties of an underexercised heart: lack of energy. "The problem with a lousy cardiovascular system," says Dr. Morehouse, "is that it's going to show up when you start doing anything—dancing or swimming, or even walking. You're going to have to stop and rest, or sit down. You're going to become dependent, get fatigued—you can't dance till the early morning hours. Basically, all the things that are fun to do today are energy-utilization devices. It used to be that when you traveled you'd take the Grand Tour, escorted in a limousine or bus, go to a hotel, have fine meals, see shows. That used to be what travel was. Now travel is adventure, and you're going to go out and see something and participate in things. In order to participate, you have to have a certain degree of physical fitness, not a high degree, but if you have deteriorated, you're going to fall behind—you're not going to be able to wade across that marsh!"

(Continued on next page)



## "The object of the game is to get your heart rate up"

"Now, even someone with an excellent cardiovascular system will become fatigued doing any kind of uninterrupted work," explains Dr. Morehouse. "We've learned in our studies of industry that you have to pulse work. You have to work, rest, work, rest. If you just add work to work without this rest pulse—a rest pause—then you fatigue, and the first sign of fatigue is one you don't realize yourself. You become careless and your standards deteriorate. You accept sloppy stuff, or you do things sloppily. This is a cue for the person who finds herself overbusy—it sounds like a paradox—but if you've got more work to do, what you need is to put more rest periods into your day.

"In industry, the minimum pause time is seven and half minutes an hour. It's better to take small rest periods frequently than to drive on through and then take a half-hour break, because most of the recovery is over after the first five minutes. After that you get some benefit, but not nearly as much. If you work in an office, for example, get out, go run an errand. Probably the best thing you can do is use the stairs. If you can't leave the office, push away from the wall fifteen or twenty times, do a sit-back in your chair—push your stomach muscles against your fingers and get a little isometric exercise, then do some cardiovascular thing, like dancing around the office, or hopping from one foot to the other.

"The main thing to remember is that you only need those five or seven minutes to regain your energy. The benefits are right away. It's rather like going to bed. Once you get into bed and calm down and go to

sleep, the process of falling asleep is the most valuable thing you will have done all night. You've let the tensions of the day go, and this is a very important thing. Getting a full eight to nine hours sleep is a bonus after falling asleep, but the main benefit is that first hour or so while you're in bed—you've undressed your body, your mind, undressed your tension and now you're in a calm state and asleep, shut off.

"A lot of people who get to bed late think, 'I'm going to have a terror of a day tomorrow and here it is already midnight and I have to get up at six. I'm not going to get a sufficient night's sleep.' They lie there and their fear and anxiety produce a lot of tension which prevents them from getting even a good six hours. Well, I've had nights when I really didn't sleep all night, but being the business I'm in, I know the physiology, the science of rest, so I just lie calmly and relax as much as I can. I know that I'm resting and when it comes time to get up, I'll get up. So I didn't have a good night's sleep, but I'm okay. I have the energy to handle the day.

"The importance of relaxation in liberating energy is true in exercise, too. We try to get people to start their exercise from a relaxed and easy mode. Blood is pulsed through the body by the muscles, and if you're tense in exercise, the tension stops the blood flow. If you're relaxed and you get a good contraction and a good relaxation, then you get a better pump. Each muscle becomes like a heart pumping the blood through it. When you hurry from a stressful period at the office to an exercise class, you don't get as much benefit from the exercise if you carry your tension right on through.

It's a good idea to relax by taking a deep breath—like a sigh—or with dynamic relaxation which is tensing up, then letting go. Do this while you're moving—walk tense, then walk relaxed, then walk tense; continue alternating and feel the tension drain away so that you walk in a freer way."

Both Dr. Morehouse and Dr. Smithen believe in the merits of a supervised exercise program. According to Dr. Smithen, "It's one of the keys to prevention—a monitored exercise program—that is, during the exercise, the patient's heart is monitored and the nurses can detect any abnormality. At the Cardiac and Pulmonary Rehabilitation Center, they give a stress test three months after a heart attack and start the patient on an exercise program every other day three times a week."

Dr. Morehouse has just opened Fitness Centers of America in Los Angeles which he sees as the prototype of future centers across the country. "It's a new approach to the health spas or commercial gyms in that a number of companies will subscribe their top executives to a program that we develop. We have the latest in scientific testing procedures for body flexibility, muscular strength and tone, cardiovascular response, and respiration. Each person who comes in has a form to send to his physician and we have our own test results, plus a personal interview that tells us what his or her particular goals are. From those three things, we make out the person's program so that they are individually prescribed. No two people in the place are doing the same thing. We make periodic checks to see their progress and adjust the prescription as they go along."

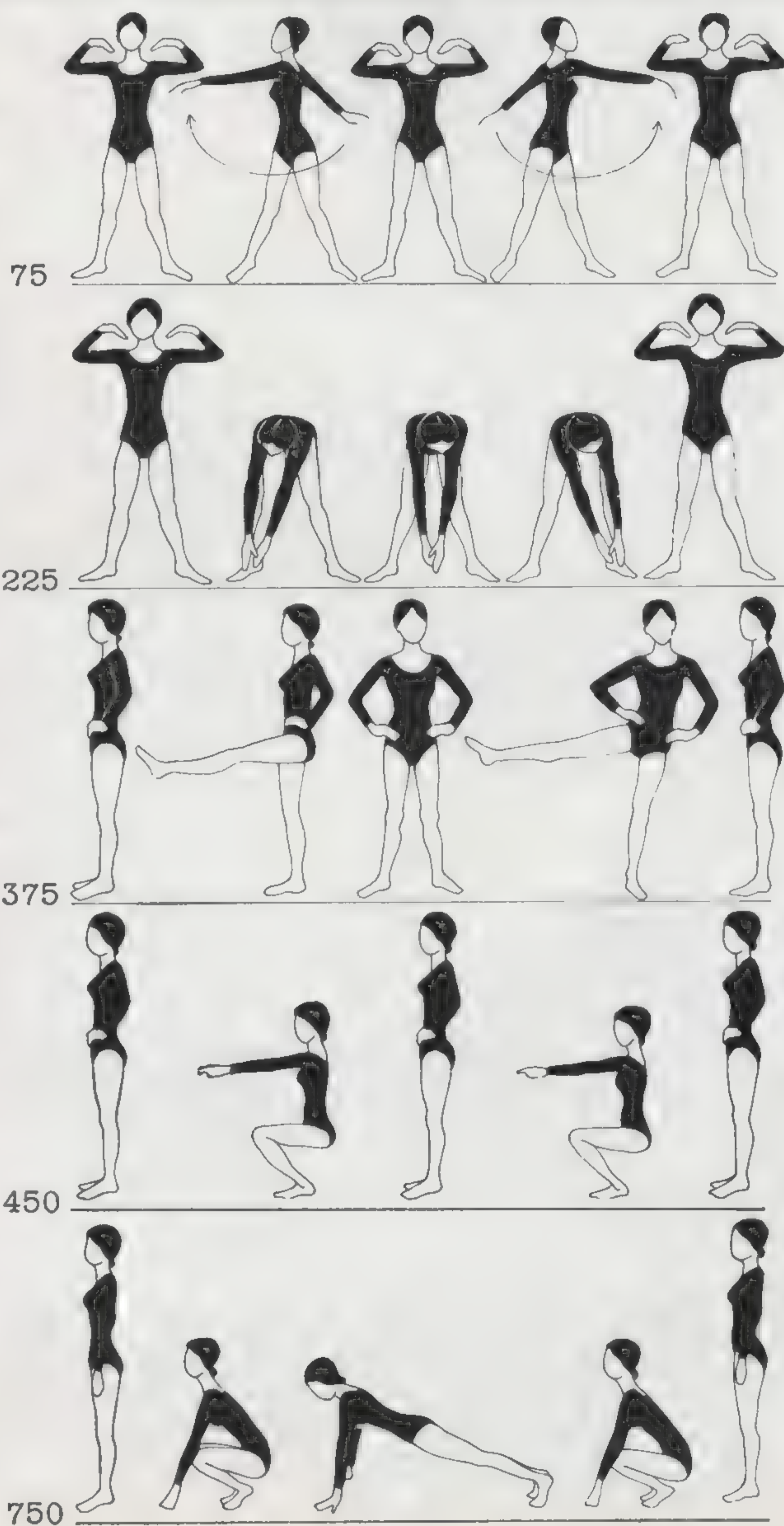
The desire for total fitness is not limited to professional people only. Jess Bell, president of Bonne Bell Cosmetics, is about to build a new plant with complete exercise facilities for his employees. It's happening all around us. Perhaps the hope expressed by Dr. Morehouse will be realized sooner than he imagines. "Our culture is so mixed up that if the guys across the way saw you dancing around in your office, they'd wonder what's going on over there. But it's become a survival problem. We've got to educate and change our cultural patterns so that when they see you doing it, they'll say, 'I guess it's time for my workout!'"

### Exercise can help build or recondition a heart—the secret is doing the right kind

After a patient has taken a stress test at a CPR Center, his physician informs him of the energy level he attained—in other words, how much activity he is able to perform safely. CPR Centers maintain a position that all cardiac patients initiating an exercise program are in need of continuous E.K.G. (electrocardiographic) monitoring and professional supervision during the prescribed exercise performance.

As part of their rehabilitation program, CPR centers have devised a series of graduated cardiac calisthenics designed to tone up the skeletal muscles and develop and maintain joint flexibility. All exercises selected for cardiac conditioning are isotonic as opposed to isometric. The muscle contractions of isometric exercises cause a sudden rise in blood pressure, resulting in an acute pressure strain on the heart. Isotonics, on the other hand, are endurance types of exercises in which the large muscle groups are moved, resulting in a gradual buildup of the amount of blood passing through the heart.

The exercises at right are graded in order of increasing energy costs, as compared to exercises measured by the KPM setting on the special bicycle at a CPR Center. The KPM number shows the energy cost of each exercise.



MARTHA VOUTAS



# Weight-loss fast

Not a diet! a medical treatment that gets rid of fat—not energy

BY MELVA WEBER

**F**asting: newest and most ancient practice. A religious rite, historic mode of cleansing, conditioner for meditation. A tool for consciousness-raising, for demonstration and protest. Now, in medical hands, a method for taking excess fat off the

body. The most interesting experiments now are with modified fasting—usually called protein-sparing fasting. The patient (and we do mean *patient*: this is a medical treatment, not a do-it-yourself diet) takes in only water or other non-caloric drinks, carefully calculated vitamin-and-mineral supplements [without them, one of the first unfortunate effects of fasting could be scurvy], and a few ounces a day of fluid protein, or glucose, or a predigested mix of amino acids, or a measured amount of lean meat—taken not as food but as medicine. To use the weight-losing, protein-sparing fast successfully and safely, you *must* be under medical supervision, utterly obedient to your physician's directions.

Protein-sparing fasting works rapidly and efficiently, with measurable weight losses right from the first day and predictable, steady losses throughout the fasting period. Patients say they have no hunger pangs and no temptation to eat food; and once into the protein-sparing fast they have boundless energy and endurance. With no food decisions to make, fasting is simpler, less time-consuming than the 1,000-calorie diet. "It's easier to do without than to do with a little," explained one patient.

Medical researchers, including surgeons, endocrinologists, and specialists in metabolic diseases, have been working toward safe and effective fasting methods for years. And a growing number of practicing doctors are applying the findings of these pioneers, treating overweight patients with protein-sparing, medically supervised fasts, followed by guided reentry into eating with corrected dietary habits.

Among the pioneers was George F. Cahill, Jr., M.D., of Boston's Joslin Diabetes Foundation, who found how the body adapts to starvation by shifting its fuel economy. Of experiments he and Oliver E. Owen, M.D., carried out, Dr. Cahill said, "Our lab set the basis for protein-sparing fasting from the biochemical viewpoint. We are mainly physiologists and biochemists. We showed how it works. If you replace essential amino acids, you can hold onto your muscle nitrogen while you are otherwise totally starving."

While fasting (or starving, for that matter), the body produces and circulates ketones in the blood, detectable by the odor of acetone on the breath. Dr. Cahill found that the body adapts to the fasting state by using the ketones as fuel, particularly by brain and nerve tissues. While a mild ketosis may seem useful in a modified fasting diet, the condition of ketosis can cause dangerous side effects, especially if you have kidney or heart dis-

ease or are pregnant. Another reason why fasting must be medically supervised!

According to the experts, if you were to go on a total fast, with absolutely no calories, you would, of course, lose weight quite dramatically. The trouble is, it seems as much as half of your weight loss would come out of your lean tissues—an undesired result. First, there would be serious wasting of your muscles, bringing weakness and fatigue. You could have such hazardous side effects as orthostatic hypotension—meaning an abrupt drop in blood pressure when you stand up from a reclining position. You could become depleted of important mineral nutrients, with

follow this program on their own," he said. "This could be hazardous."

A second worry is that people may expect the protein-sparing modified fast to solve their overweight problem once and for all. "People speak of reaching a goal when they've lost the weight they want to lose," said Dr. Blackburn. "That is a *start*, not a goal. The goal is a life-style that allows one to maintain the weight loss. The modified fast is merely a help to get patients down to the correct metabolism. Then it takes properly reinforced behavior to keep them that way. We definitely know that the protein-sparing modified fast, by itself, is of no long-term value in treating

**O**n the supplemented fast, patients go "cold turkey" -- eat no food at all

alarming symptoms as a result, or of important electrolytes, with upset of your body's fluid balance. Your fat stores would melt away about half as fast, with the body chewing up equal parts of its protein tissues. Worse, when you stop the fast and resume eating, the body's drive to restore its lean mass may be overwhelming and may bring a weight rebound.

Metabolism researchers knew what they wanted: they wanted a method that would spare the protein-bearing parts of the body, while nudging the stored fat back into circulation for use as energy.

Not all experts are agreed that an all-protein supplement is necessary. Protein-sparing can be achieved, some research scientists say, with limited amounts of other nutrients, even fats and carbohydrates. But the doctors who favor predigested protein as the protein-sparer point out that insulin levels are lower when protein is used, higher when carbohydrates are taken. Insulin, the hormone that regulates blood sugar, tends to block the burning of fats as energy—one reason doctors want insulin secretion kept low.

George L. Blackburn, M.D., Ph.D., has been called "the professor of protein sparing." He is also a surgeon, director of nutritional support service at New England Deaconess Hospital, and assistant professor at the Harvard Medical School. And he operates a weight-reduction program for a limited number of unhospitalized patients, pursuing further knowledge on the control of obesity.

As a pioneer in the hospital applications of protein sparing, what does he think of the growing use of this concept in the non-hospitalized overweight patient? Frankly, he's worried. "Our major concern is that people will undertake to

obesity."

Dr. Blackburn and his associate, Isaac Greenberg, Ph.D., are now treating a number of patients in a pilot, experimental program that adds only two new patients each week. "We consider this project developed only to the clinical research level," said Dr. Blackburn. "At least another year of study is required to assess longer-term results."

The protein-sparing weight-loss method is not a diet, Dr. Blackburn insisted. "It's actually a nondiet, a modified fast that creates a calorie deficit while preserving body protein mass." Doing this takes specific amounts of protein, vitamins, minerals, fluids, and electrolytes; and Dr. Blackburn thinks protein hydrolysates and other such supplements should not be in general use until more is known about the other factors.

The selected patients who enter Dr. Blackburn's weight-reduction program actually are signing up for a college-type course, tough and intensive, titled "Nutrition, Comprehensive Weight Control and Physical Fitness."

Phase I is a three-to-four week stretch of the 1,000-calorie deficit diet—that classic and frustrating one—while attending lectures. Besides close adherence to the diet, homework includes maintaining a "food-activity record with composition analysis." Clearly, patients must come out of this phase knowing a great deal about food values.

Those who complete Phase I and wish to press on will now enter Phase II, a twelve-week session of the protein-sparing modified fast, along with lectures about its biochemistry. A vigorous program of behavior modification under the direction of Dr. Green- (Continued on page 108)



# the weight-loss fast

"Patients say they have no hunger pains and no temptation to eat food"

berg, a behavioral psychologist, takes place all during this time. The "you'd better believe" approach is all-important, in Dr. Blackburn's view.

The protein-sparing supplement here is lean meat, fish, or fowl, providing between 400 and 700 calories a day. Patients are required to drink one to one-and-a-half quarts of water or non-caloric fluids and take prescribed vitamins, minerals, calcium, and potassium. And they have regular medical examinations, with blood-pressure, weight, urine, and blood measurements.

The fasting period is only a helper, stressed Dr. Blackburn, to produce quick weight loss at a critical stage of the program. His reasons: Few people—only about five in 100—can take off any large amount of weight through the balanced-deficit, or 1,000-calorie diet. Few can stay on such a diet longer than twelve weeks. It is important, then, to achieve successful weight loss as a basis for proper nutrition, exercise, and maintenance

usually massive excess fat. The average weight loss is eighty-five pounds; the largest loss well over 300 pounds.

"We call our approach the supplemented fast, and it uses the protein-sparing effect," said Dr. Vertes. The supplement was developed by Saul M. Genuth, M.D., who is director of The Shirley and Maurice Saltzman Institute for Clinical Investigation, an endocrinologist, and associate of Dr. Vertes at the hospital. Both physicians are faculty members of Case Western Reserve University School of Medicine.

Dr. Genuth's discovery was a mixture of the amino acid alanine with glucose, or body sugar, to counteract the metabolic effects of fasting. Patients can be safely fasted for a long time—some for over a year—when they take this supplement to prevent dangerous effects of starvation sickness.

Patients go "cold turkey" on the supplement-

diating on weekends. For many people this is better than keeping up the same dull, restricted diet every day."

One predigested-protein formula used by some doctors who supervise protein-sparing diets is a slightly gelatinous, translucent fluid, colored red if you choose cherry flavor, green if you prefer green-apple (unflavored, it is said to taste vile). It is compounded of twenty amino acids, the components of protein, including the eight amino acids known as "essential," because the human body is unable to build them out of other materials, and so must derive them directly by ingestion. Named E.M.F. (Energy Mobilization Formula), this fluid provides fifteen grams of protein in an ounce—about two tablespoons—and amounts to about sixty calories. Most women of average body build will need between five and six ounces a day, according to Robert Linn, D.O., an osteopathic physician who uses E.M.F., under the name Prolinn, to treat overweight patients. This amount provides a total daily calorie intake of only 300 to 360, enough to provide for maintenance of the body's lean parts and little enough to force the body to burn its fat stores for energy.

In practice, how does protein-sparing fasting work for patients who are not hospitalized and are continuing their normal lives while eating no food for weeks at a time? At his clinic in Broomall, Pennsylvania, Dr. Linn, who has worked with obese patients for twelve years, set up this routine:

First, he explained, a patient needs a thoroughgoing physical examination by a doctor before undertaking a fasting program as well as a daily checkout by the doctor or a member of his staff during the first two weeks of the fasting period. One reason for such attention: You must be monitored, through blood and urine tests, for any signals that may call for medical intervention. A second reason: You'll have questions, and not a few worries, during the profound experience of fasting. You'll need your doctor's psychological support.

When a patient enters Dr. Linn's protein-sparing fast, the first step is filling out a long, detailed medical questionnaire, followed by a complete physical examination and an interview with a nurse, who goes over the patient's entire medical history. Dr. Linn orders a selected group of laboratory tests, suited (Continued on page 132)

## Close-up on one predigested protein formula

The only "food" in some protein-sparing fasts, right, E.M.F. (Energy Mobilization Formula) comes in green-apple or cherry flavor, tastes like cough medicine with an overtone of fingernails. Distributed for clinical use only, E.M.F. is carefully compounded by Control Drug, Inc. of twenty amino acids, among them the "essential" eight the human body cannot make for itself. For many patients taking carefully calculated vitamin-mineral supplements, five or six ounces (300 to 360 protein calories) of E.M.F. a day could be the only caloric intake for weeks, even months at a time.

## The overweight problem is far the worst among women between 30 and 40 years of age

on a permanent basis.

Some of the common side effects were constipation, menstrual irregularity, and slight hair loss that occurred late in the course but was only temporary. All in all, as Dr. Blackburn reported to the First International Conference of Obesity in London, the patients tolerated the protein-sparing modified fast very well indeed, even though they represented a wide variety of lifestyles and occupations. And invariably, patients found the fasting phase easier than the 1,000-calorie diet.

Following the fast period, patients are firmly guided into reintroduction to a balanced diet, with strong emphasis on behavioral change and new attitudes. After becoming slim, Dr. Blackburn pointed out, remaining slim means altering the whole psychological framework to adopt the lean way of life.

At The Mt. Sinai Hospital of Cleveland, Victor Vertes, M.D., conducts a different kind of fasting therapy, also using the protein-sparing principle. He specializes in "morbid obesity"—which merely means a serious degree of overweight, usually fifty pounds or more. Dr. Vertes not only chooses to work with the most severe cases, he designs his treatment methods to reach as many as possible, taking the big-clinic approach rather than the more intimate private-practice one. "Our object is to offer treatment to many, many patients," he said. "There's a tremendous number of morbidly obese people. Our waiting list is over 2,000."

Dr. Vertes' program has a success rate of 80 percent. That is, four out of five people who start the program actually are able to take off their

ed fast—no food at all. They take the alanine-glucose formula in prescribed amounts, five times a day, and are also given vitamins and minerals. They lose four to seven pounds a week—week in, week out, as long as they remain on the fast.

Dr. Vertes' patients, who are pretty special in terms of poundage, report that after the first three or four days of the fast they feel no hunger. Just like patients on the other fasting programs, they find the fast far easier to tolerate than the 1,000-calorie diet that keeps teasing them with food—and punishing them with hunger pangs.

How successful is maintenance, once such massive amounts of weight are removed? Remarkably high, compared to most weight-loss programs. "Seven out of ten patients maintain more than 50 percent of their weight loss," said Dr. Vertes. "We try to get our patients to realize that they have a chronic disorder, a lifetime disease. And we can't cure it; we can only help them to control it."

Staying permanently slim does mean watching and limiting food intake. But Dr. Vertes is helping some patients with a maintenance program that relieves pressure and monotony—alternating short fasts and more relaxed eating. This involves planning calories per week, instead of calories per day. Said Dr. Vertes: "A short, total fast, no more than a few days, without even the protein-sparing supplements, causes no ill effects. Because social schedules, and even emotional needs, are not the same every day of the week, some people find they can go without food, or almost so, on Monday and Tuesday, for example. They should, however, take plenty of water. Later in the week, they can eat more, and be free of







## The best sundressing

The jacket takes off! left—the top you're going to see everywhere, for everything... For cycling, jogging: the snap-front "sweatshirt" jacket in white cotton with knitted waistband and cuffs, matching pants with drawstring waist and drawstrings at the ankle. Calvin Klein (Edmond Stern fabric). Top, about \$32; pants, about \$36. Bonwit Teller; Kaufmann's; Hudson's; Sakowitz; May D&F; I. Magnin; Nordstrom.

The bathing suit to own, right—the unconstructed, thinner-than-thin maillot. Here, the thinnest—a chocolate-brown maillot with low plunged front, criss-cross bare back. Catalina; Antron nylon and Lycra. About \$24. Lord & Taylor; Higbee's; Hudson's; Diamonds; Bullock's; Liberty House, Hawaii. Hair and makeup, these 14 pages, Rick Gillette. Accessories, next to last page.

**Beauty Tip:** If you're planning on spending a lot of time on or around the beach a combination of sun products is a good idea. Start with something very protecting... Something like Hawaiian Tropic's Sun's Screen Protective Gel—great help to "beginners" and you only have to put it on once a day—lasts even in the water! After you have a tan, you may want to try their Dark Tanning Oil which includes such skin-softeners as coconut oil, cocoa butter, lanolin—smells delicious, too!

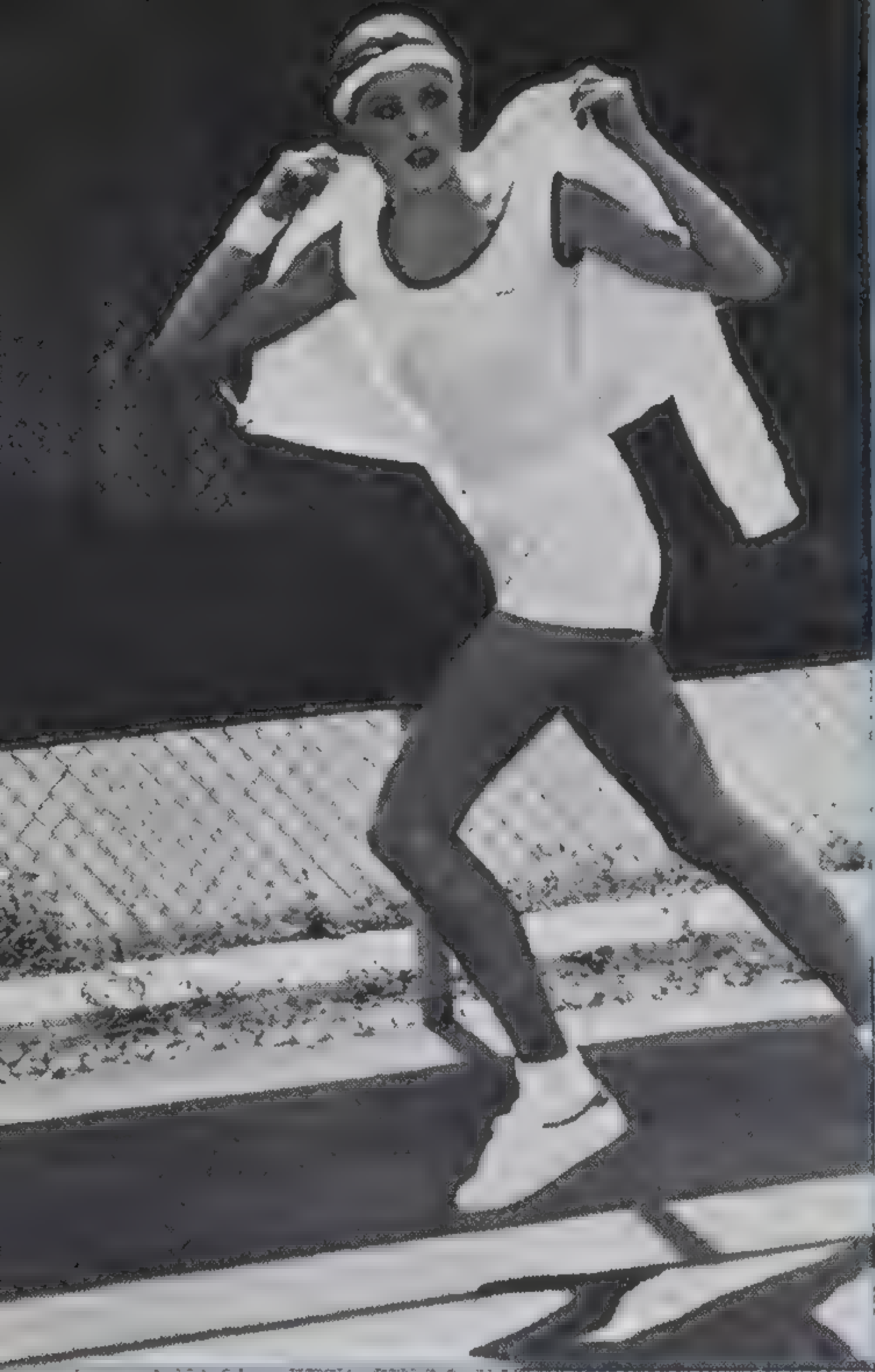
For hot-weather and beach places, three things are key: the thin-as-skin maillot...the jacket (especially a little unlined jacket!)...and the look of T-shirting—everyone's favorite kind of knit turning up in breezy little dresses and separates. All the things you'd love to have wherever—when-ever—you're having a good time in the sun. Here, at The Breakers, Palm Beach....

RELAX-AND-ENJOY CLOTHES









**Nifty tennis idea—the jacket plus, above:** white nylon parka with Burgundy piping, lined in white terry. To wear for warmups over a Burgundy-edged white cotton tank top and white shorts with terry insets at the waist, terry-lined pockets (great for wiping damp hands!). By AMF Head Sportswear. Jacket, about \$45; top, about \$9; shorts, about \$28. Saks Fifth Avenue; Nan Duskin; Sakowitz.

**Knockout of a maillot, right:** the color, the thinness, the bareness—the bright red strapless maillot cut out in back and tied. Oleg Cassini for Waterclothes. Of Antron nylon and DuPont Lycra (Darlington Mills). About \$22. Late January at Bergdorf Goodman; H&S Pogue; Marshall Field; Neusteters; Bullock's.

**Beauty Tip:** Some people are instant tanners—two minutes in the sun—or so it seems—and they look fantastic. If you fit this description, you may be lucky, but you also may be in trouble. Everyone, whether she tans in a matter of minutes, days, or weeks, needs sun protection—protection from the dangerous ultraviolet rays (which, even if they don't turn your skin red, do plenty of other long-range skin damage), and protection against the sun's immediate drying effects. One of the best—and best loved!—protectors: Coppertone Suntan Lotion.



**The all-out ease of a T-shirt jumpsuit, right—cool, comfortable natural cotton knit with long sleeves to roll, legs to cuff. Perfect for sun cover, for easy afterbeach dressing, for slipping on first thing in the morning—there isn't a time of day you wouldn't feel good wearing it! D.B.A. by Theodore; about \$72. Henri Bendel; Burdine's; Claire Pearone; Sakowitz; Theodore.**

**The sleek swimming maillot, far right above—a second-skin tank suit in a pale, pretty-on-the-beach shade of turquoise, with halter top, bare crisscross strap-back. By Going Places, of nylon and Lycra. About \$22. Lord & Taylor; Maas Brothers; Famous-Barr; Goldwaters.**



The best  
sundressing

# Shirtjackets, Trisirting jackets, maillots

The perfect hot-weather tennis jacket, far right center: a little short-sleeve white shirt of a jacket, unbuttoned over a bare white tank top, white shorts—super light (super classic!) pieces to play in. John Kloss for Quantum. Shirt, about \$32; top, about \$15; shorts, about \$16. Saks Fifth Avenue; Nan Duskin; Higbee's; I. Magnin.

A scoop of orange, far right below: this year's unconstructed maillot in one of the new upbeat colors, with a plunged neckline gathered on a halter. By Sirena, of Lycra (Beaunit fabric). About \$25. Lord & Taylor; Higbee's; Hudson's; H&S Pogue; Robinson's, California. Accessories, next to last page.

RELAX AND  
ENJOY  
THE ACTION







**The best  
sundressing**



**The super sleek line of a sky-blue maillot**, opposite—the thinnest—fastest drying! Scoop-necked, to tie as a halter or crisscross in back. From Jantzen; of Antron nylon and Lycra. About \$20. Altman's; Woodward & Lothrop; Jordan Marsh, Florida; Hudson's; Bullock's.

**The sweater as a beach-jacket**, left—whenever there's a sudden turn in the weather. The warmest coverup—on the beach, on a boat, on the sidelines at a tennis match. Here, the cream wool "fatigue" sweater with four little buttons at the neck. From Anne Klein for Penfold. About \$70. Lord & Taylor; Woodward & Lothrop; Higbee's; Hudson's; Neusteters; Bullock's.

**The warm-weather warm-up suit**, above—the jacket and elastic-waist pants in the thinnest of white T-shirtings. Cool-and-easy tennis, with a little stitched-brim hat and white cotton hankie at the neck. From Haymaker; of acrylic knit. About \$30. Hutzler's; Stix, Baer & Fuller; Neusteters. Hair and makeup these pages, Rick Gillette. All accessories, next to last page.

**Beauty Tip:** Even on a tennis court in the morning when you're all covered up (you think!), you can still get a nasty burn. Always use a sunscreen; it filters out burning rays, lets only tanners through. If your skin is especially sensitive, look for the kind with more screening agents (the clue is usually right in the name of the sunscreen—the word "Super," for instance, in Bain de Soleil's Super Filter. Suntan Lotion doesn't just mean it's good stuff; it's shorthand for extra-protection-added).

RELAX AND ENJOY

jackets...

maillots...



*The best  
sundressing*

RELAX AND ENJOY **the maillot,**



Swimmer's dream of a perfect maillot, left—the racing tank suit in white jersey with yellow side inserts—as sleek—as classic—as a bathing suit can be. Calvin Klein, of nylon and Lycra (Beaunit). About \$30. Bloomingdale's, Wanamaker's, Neiman-Marcus, Frederick & Nelson.

Nifty new turn on shirtjacket dressing, right—from Saint Laurent (who practically invented it)—his drawstring bottom shirtjacket in unlined natural toile with lots of pockets, lots of easy good looks. One of them: unbuttoned, sleeves rolled—over matching cuffed walking shorts. Jacket about \$245, shorts about \$120. Bloomingdale's, Saint Laurent Rive Gauche, Chevy Chase, Washington, D.C., Bay Harbor, Jacobson's, Joseph Horne, Sakowitz.

A great-looking white terry jacket, below: a roomy hooded "sweatshirt" to pull on over a bathing suit, to warm up in, to slip into and relax. With navy terry drawstring shorts. Ralph Lauren, cotton terry. Top, about \$44, shorts, about \$26. Bloomingdale's, Nan Duskin, Jordan Marsh, Florida, Sakowitz, Neusteters, Bull-ock's. Accessories, next to last page.

**Beauty Tip:** When you're in a hot-weather place, you don't have to be on the beach to get a sunburn—the tennis courts, golf course, anywhere can be dangerous ground. You always want sun protection. One nice way to have it—Moisture/Tan Formula—it screens out most of the sun's harmful rays while it helps keep skin soft, non-flaky. By Irma Shorell.



ARTHUR ELGORT

# the jacket







**The best  
sundressing**

The prettiest "warm-up" jacket, far left: thin white cotton knit with hood, kangaroo pockets, zip front—the perfect jacket for tennis, boating, the beach. And it looks good with everything easy—especially white shorts, a white camisole T-shirt, and bare-tanned legs. Jacket D.B.A. by Theodore. About \$42. Henri Bender, Burdine's, Hudson's, Ultimeo, Marie Leavell, Country Club Fashions. Cotton knit shorts and top by Judith Lowe (Wollman fabric). Each about \$14. Bergdorf Goodman, Garfinckel's, Joseph Magnin.

**Must-have jacket on or near the water, left—a light, waterproof white nylon parka. This one with snaps and a white cotton terry lining to keep you extra warm and dry (and there isn't a sexier beach look than the jacket slipped over a white bikini). Jacket Action Sports by White Stag. About \$30. Kings Point Indoor Tennis, Great Neck, Higbee's, Bullock's.**

**The dash of a white terry shirt-jacket, right, turned out with matching trouser-pleated walking shorts and a tan tank top—all the ease you expect from terry with a lot more pulling-together. By John Anthony. Cotton terry jacket, about \$78; shorts, about \$44. Nyesta, Antron nylon top, about \$16 (all Gloversville Mills fabrics). Mid-January: Elizabeth Arden Salons, Nan Duskin, Miss Jackson's, Sakowitz, Liberty House, San Francisco. Accessories, next to last page. Background these pages: The Breakers, Palm Beach.**

**Beauty Tip:** The first few days at a sun place are the hardest: nothing looks worse on the beach than city-pale skin—and nothing is more vulnerable. One solution to both problems is a lotion that gives your skin color before you get in the sun and protects it when you're there—exactly what Sea & Ski's Indoor/Outdoor Tanning Lotion does.

RELAX AND ENJOY

jackets







RELAX AND ENJOY

# T-shirting



**The prettiest look of T-shirting**, opposite page—the pale colors, the soft knit textures, the ease....Left: Silky pale-peach sleeveless T-top tucked into beige trousers, peach-and-print triangles tied at the throat. Judith Luscher for Schrader Sport. Of polyester (Burlington fabrics). Top, about \$20; pants, about \$32. Bergdorf Goodman; Nan Duskin; Neusteters; Bullock's....Right: One of the most becoming colors—pale mauve—one of the most appealing ways: a cotton knit T-shirt with tiny cap sleeves; wrap skirt, shirred in front. Damon Sport. Top, about \$12; skirt, of polyester and cotton, about \$60. Saks Fifth Avenue; Kaufmann's; Woodward & Lothrop, Jordan Marsh, Florida; Hudson's; Bullock's.

**Inviting!** right—the free/easy look, the coloring: coral and taupe thin-striped T-shirt and bias-y skirt with chevron stripes, high wrapped waist. Leo Narducci at the Midtown Farmhouse; of Trevira. About \$80. Saks Fifth Avenue; J.P. Allen; Burdine's; Woolf Bros.; Sakowitz; Liberty House, San Francisco.

**Instant cool**, below: fresh blue-and-white stripes in cotton-y knit—two-piece dress with cap-sleeve T-shirt narrow-belted over a matching skirt. Marga Tietje for Tanner; of Dacron polyester and cotton (Klopman Mills fabric). About \$58. Lord & Taylor, N.Y.; Woodward & Lothrop; Stewart's; H&S Pogue; Robinson's, California. Accessories, next to last page.

**Beauty Tip:** What's easy to forget in all the talk of sun protection is the follow-up. Once you're out of the sun, out of the shower, your skin needs a generous amount of moisture to help keep it soft, prevent peeling, and to prolong the life of a good tan. An efficient do-er in this category: After Sun Lotion by Bonne Bell.

## The best sundressing





## The best sundressing

VOGUE PATTERN 9410  
VOGUE PATTERN 1275

VOGUE PATTERNS

The key jacket, both pages—a simple shirt of a jacket in natural silk tussah—just the most versatile thing you could make. It goes with pants, skirts, day, night. This page and opposite, the jacket for day. Here, unbuttoned, sleeves rolled, over matching trousers and a bare little black tank top. Opposite, the look of the jacket with a matching skirt and tan T-shirt—same ease, same dash! Jacket and skirt, Vogue Pattern 9410. Pants, Vogue Pattern 1275. All silk tussah (Jacquès fabric). Altman's, Sakowitz, Center. the jacket as the perfect easy-evening cover; the look of natural silk tussah to slip over pieces of pale-peach crêpe de Chine—pullover shirt and long wrap skirt—pretty new take on pyjama-dressing. Top, Vogue Pattern 9244; skirt, Vogue Pattern 1367. Or Onondaga silk crêpe de Chine. At Altman's, Sakowitz. Pattern details, page 136. Accessories, next to last page. Hair and makeup, on these 14 pages, by Rick Gillette. Florida background throughout. The Breakers, in Palm Beach.

RELAX AND  
ENJOY

# the jacket yo





## SEWING TIPS

Silk tussah sews like a dream and it has a wonderful "hand-woven" texture....  
*Re pants:* to get the proper fit (i.e., the proper crotch length) remember our sitting trick: sit on a straight chair and measure at the side from the waist to chair seat. The crotch length on pattern should be that measurement plus  $\frac{1}{2}$ " extra for sitting ease. ....*To sew added versatility into the jacket,* we finished the sleeves so they can be rolled to any length—you can do it with a tiny rolled-hem at the cuff. We used buttons instead of the toggles the pattern calls for....*The drawstring skirt—belted here—*is a cinch to make—only two seams and you can easily adjust the fullness....*Re wrap skirt:* we just turned the hem and finished like a scarf—you can top-stitch instead....  
*As for the evening shirt,* we changed the whole mood of the pattern by picking a much lighter fabric—silk crêpe de Chine—than specified. We eliminated all pockets, made the collar a bit smaller, the line trimmer....*Don't forget* to use only thin silk thread when sewing crêpe de Chine. To prevent puckering, use a longer stitch, looser tension and stretch seams slightly as you sew.



# u made yourself!



# GET THERE FIRST: CANCÚN

**BY JON BRADSHAW**

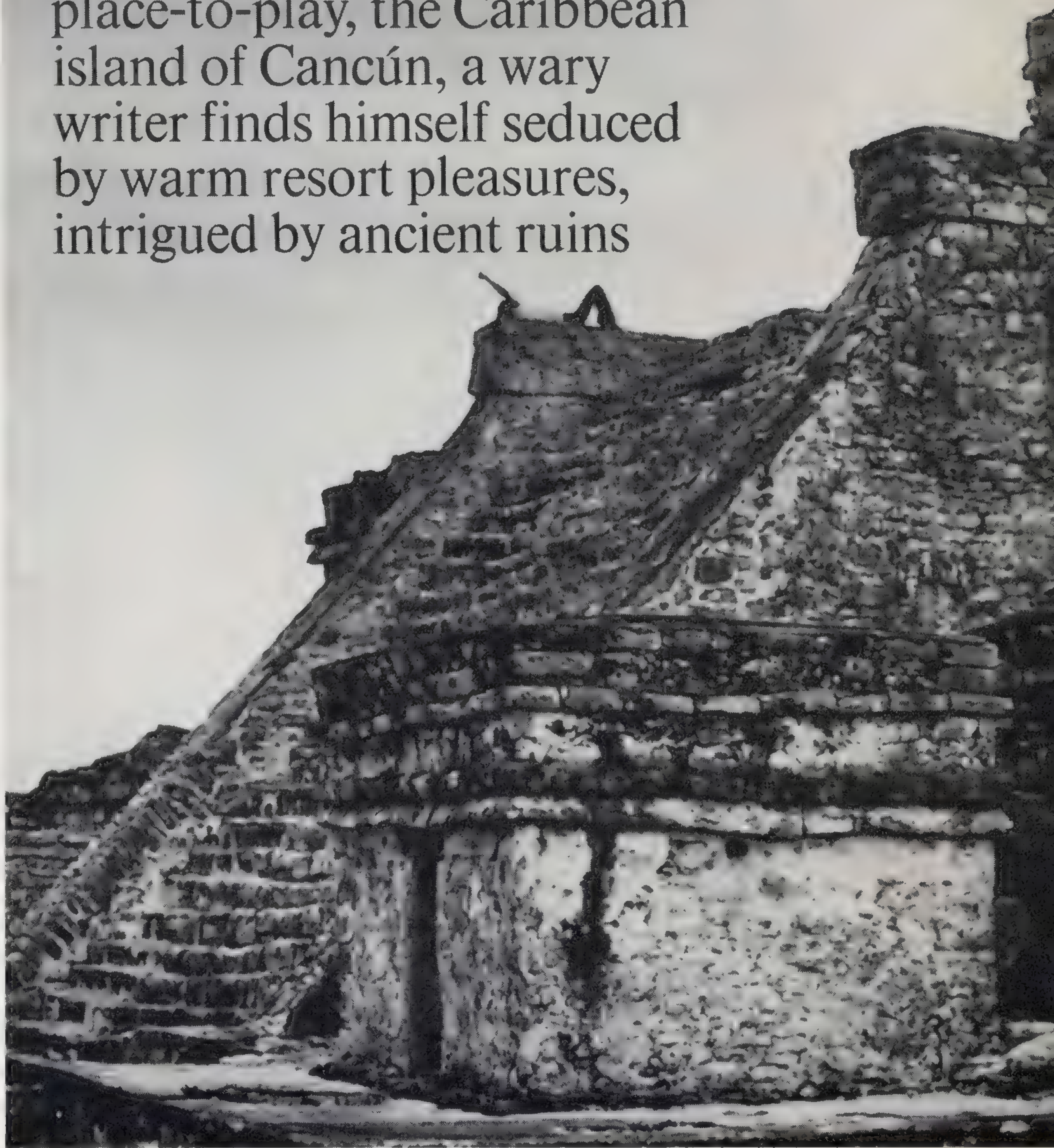
Over the years I have been too frequently accused of cynicism—a low mistrust of promises, of paradise. It is true that I am not easily seduced. The reports of Cancún had an all too familiar ring. The travel articles and the glossy brochures spoke of a once remote but now accessible Shangri-La where Maya kings had wintered a thousand years ago. And so it was with some suspicion that I set out for Cancún—an island resort off the northeastern coast of Yucatán.

The Yucatán has never been overly attractive to the tourist. Travelers have come desultorily to Cozumel and the more intrepid among them have visited the Maya ruins on the mainland. Until the late 1960's, Cancún itself was practically uninhabited and had been that way for centuries. But, in 1967, a Mexican government agency now called Fonatur—an acronym for Fondo Nacional de Fomento al Turismo—made a computerized study of their country's beaches to provide a "new recreational zone"—an alternative to Acapulco. Ultimately the Mexicans developed two areas—Ixtapa, north of Zihuatanejo on the Pacific; Cancún, on the Caribbean.

Since much of the L-shaped, fourteen-mile-long island is now developed, it is difficult to imagine what Cancún looked like originally. But John Stephens, an American diplomat and lawyer, explored the Yucatán extensively between 1839 and 1843 and wrote: "In the afternoon we steered for the mainland, passing the island of Kancune, a barren strip of land, with sand hills and stone buildings visible on it. The whole of this coast is lined with reefs of rocks, having narrow passages which enable a *canoe* to enter and find shelter; but it is dangerous to attempt the passage at night. . . . We landed in front of a rancho then occupied by a party of fishermen. A short walk brought us to the point, on which stood two dilapidated buildings, one entirely fallen. It was so intensely hot, and we were so annoyed by millions of sand flies, that we did not think it worthwhile to stay."

Cancún is a bustling though still unfinished resort today. Construction began in 1973 with a two-hundred-foot causeway connecting the island to the mainland across the Nichupte Lagoon. The Mexican government and private investors have committed some \$200 million to Can- (Continued on page 126)

At Mexico's just-ready new place-to-play, the Caribbean island of Cancún, a wary writer finds himself seduced by warm resort pleasures, intrigued by ancient ruins



*Cancún's the modern base for wandering Mexico's Yucatán peninsula and the ruined cities of the Maya—most sophisticated of Central and South America's Indian civilizations.*

*Colossal stone steps—on a rose-colored temple, above, at walled city of Tulum, eighty miles south of Cancún—each almost twice as high as it is deep.*

*Opposite, from the top:*

*Classic Maya features—a face duplicating those on ancient stone reliefs—of a young girl; the hammock, ancient Indian invention, can be found in Cancún on almost every hotel balcony.*

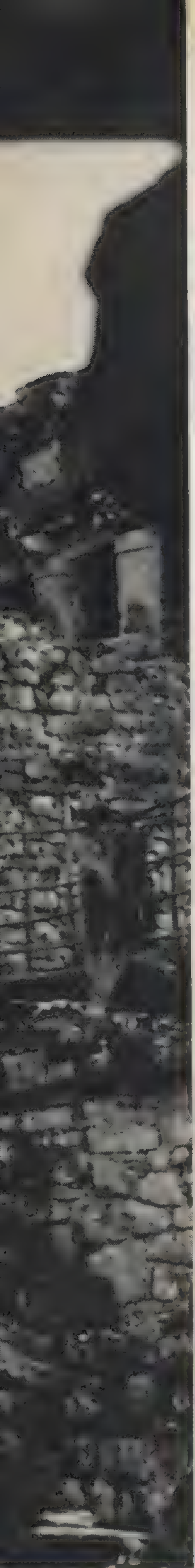
*Great Pyramid of the Magician, temple topped, which Maya legend says was "erected in a single night" at Uxmal—a fifteen-hundred-year-old city near Mérida, the capital city of the Yucatán.*

*Hérons at Cancún—the resort island designated a bird sanctuary by the Mexican government.*

*Bold sweep of balconies of the five-story Camino Real Hotel at Cancún reflects potent simplicity of classical Maya structures.*

*Thatched native "palapas" like this one—not umbrellas—dot Cancún's fourteen miles of beach.*







# THE PASSIONATE TRAVELER

## Maya ruins in the jungle near Cancún are not so much "lost" as hidden—sacred places of the Indian tribe

(Continued) cún's development; and the resort will eventually provide several classes of hotels, villas, condominiums, and the usual range of recreational facilities, including a Robert Trent Jones eighteen-hole golf course. There are nine hotels in operation and additional plots have been reserved for, among others, Club Méditerranée. (Cancún travel tips, page 48)

It is difficult to predict just what kind of resort Cancún will ultimately become. But in order to circumvent the kind of clutter that has sprung up in such resorts as Miami Beach, Fonatur has taken such sage precautions as limiting high rises to nine stories, protecting the island's wild game preserve, and spacing the hotels in an unusually thoughtful manner. Unquestionably, the best example of hotel architecture is the Camino Real Hotel, at the moment the island's largest. Straddling a corner of the island and appearing to rise from the sea, which surrounds it on three sides, the Camino Real is a contemporary variation of an ancient Maya temple. It has been constructed with taste and elegant simplicity. Inside, in the cavernous space that bellies like a tunnel through the hotel center, balconies are strewn with ferns and creepers and lofty palms rise up from the ground. Outside, the sea, which washes up moat-like to one side of the hotel, is incredibly clear, shot through with a blue-green translucence. The sand on the Cancún beaches is a brilliant white. Composed of limestone and coral, it is known locally as "air-conditioned" sand, since, regardless of the heat, it remains invariably cool.

The hotel food is more than adequate, but perhaps the most imaginative meals in all of the Yucatán are served at Maria's restaurant on nearby Isla Mujeres. Isla Mujeres is a thirty-minute boat ride up the coast. Maria, a garrulous Frenchwoman, arrived in Mexico some fifteen years ago and opened this particular restaurant in 1974. Maria's, an open, thatched building, sits astride a cliff overlooking the sea. The French-Spanish cuisine is cooked with consummate style, and one would have to travel as far afield as Mexico City to obtain some of her wines. Despite its remoteness, Maria's is the most civilized of hostleries and over lunch or dinner the heady conversation fluctuates from French to Spanish to English to Italian.

Both Cancún and Isla Mujeres are perfectly isolated in the sea. But one has only to cross the Cancún causeway in order to see the first outcroppings of the dense jungle rising up on the Yucatán mainland. And there, as everybody knows, a thousand years ago one of the great civilizations flourished. Flourished for more than a thousand years, then broke, disintegrated, and disappeared back into the jungle again. At its zenith, during a span of six centuries, from about 300 to 900 A.D., the Maya civilization reached intellectual and artistic heights that no others in the New World and few in the Old could surpass. The Maya developed an incredibly complicated and accurate calendar; they built a great network of cities interlinked with paved roads; they were astonishing astrologer-astronomers, plotting the zodiac and the movement of the planets; they de-

(Continued on page 128)

**"El Castillo" pyramid-temple, top left, at Chichén Itzá; seventy-five feet high, with 365 steps—one for each day of the year. Ancient Maya, obsessed with time, developed a calendar more accurate than ours; they called days deities—made little distinction between past, present, and future.**

**Proud pink-shirted Maya of today, top right, aware of his people's long past.**

**'Seventies pyramid-building, above center: Cancún Caribe Hotel, beach-front.**

**Mysterious carved-stone head of Chacmool, the Maya rain god, below center, from the inner temple of the El Castillo pyramid at Chichén Itzá. The Maya built pyramid upon pyramid; there are three pyramids nested in El Castillo.**

**Cancún Camino Real Hotel, left, offers a Yucatecan sun and Caribbean breezes, from a hammock on one of the private balconies.**

**Modern Maya, right above, works in a shop in Yucatán's whitewashed Capital city, Mérida, wears a "huipil"—the centuries-old dress of her people.**

MARC RIBOUD



Regular: 17 mg. "tar," 1.3 mg. nicotine;  
Menthol: 18 mg. "tar," 1.3 mg. nicotine  
av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined  
That Cigarette Smoking Is Dangerous to Your Health.

# Here's Max.

The maximum  
120mm cigarette.

A lot longer than 100's. Yet, not a  
penny extra for all those extra puffs.  
Great tobaccos. Terrific taste.  
And a long, lean,  
all-white dynamite look.

*"How can anything so  
nifty be so thrifty?"*





## On Cancún's beaches, brilliant white "air-conditioned" sand of limestone and coral feels cool even in the hottest sun

### CANCÚN

(Continued from page 126)

veloped the most sophisticated system of mathematics then known to man; and from the available evidence archaeologists presume they employed the lodestone as a magnetic compass some thousand years before the Chinese. And then, about a thousand years ago, for reasons which continue to perplex archaeologists, the Maya abandoned their cities and disappeared. It remains a mystery. But the ruined cities are still there; and, although one needn't go to Cancún in order to reach them, it is a convenient place from which to begin.

In the old days, only fifty years ago, when the first mass of archaeologists came to the Yucatán, it was much more difficult to reach such classic Maya sites as Chichén Itzá, Uxmal, Kabah, Sayil, or Cobá. Early explorers such as Stephens and his friend, the English artist Catherwood, and such archaeologists as Morley, Ruppert, Roys, and Thompson were forced to make the difficult journey through the dense Yucatecan jungles by mule or on foot. Today, however, a series of roads or the airplane make these sorties convenient and comfortable; and, at the larger ruins, there is usually a hacienda or hotel where the traveler may spend the night. But this is not the case at Cobá in the state of Quintana Roo, a three-hour drive down the coast from Cancún. It is relatively difficult to reach Cobá, there are no hotels, and the traveler tends to stay away.

Although little excavation has been done at Cobá; and although, architecturally, it is not as impressive as Uxmal or Chichén Itzá, Cobá has the beauty of a wild and undisturbed surrounding, a place where it is possible to imagine what this mysterious civilization must have been like. One travels south to Cobá, the road shooting through the jungle in a straight line past Akumal, Xelha, and the ruined city of Tulum—a walled Maya city, which sits on a cliff overlooking the Caribbean. High above the road, ragged bands of vultures patrol the air, often swooping down to the speeding car as though to warn it away.

When John Stephens came to Yucatán in the early 1840's, there were no roads at all. It was, he wrote, "a region entirely unknown; no white man ever enters it." Today, there are only two or three main roads in Quintana

Roo; and, for the most part, the state remains wild and uninhabited. It was Stephens who brought Tulum to the world's attention, though he seems not to have found Cobá, which lies about thirty miles to the northwest. Here again, the road is straight, though the jungle becomes more dense, darker, more impenetrable. There is not another car on the road. Now and then a Maya hunter is seen; they usually come in pairs, pedaling bicycles on the side of the road, a rifle or a machete with the curved end, the *coa*, slung round their shoulders. They are the jungle's sole inhabitants; the hunters and the *chicleros*.

Archaeologists owe much of their knowledge of previously lost Maya cities to these *chicleros* or hunters of chicle. Chicle, from which chewing gum is made, is obtained from the *zapote* or sapodilla tree, which grows wild in the forests of Quintana Roo. During the rainy season, the *chicleros* fan through the jungles in search of the tree, and there are probably no Maya ruins of which they are not aware. It was a *chiclero* who first guided Eric Thompson, the British archaeologist, to Cobá in 1926.

The government has paved the road only part way to Cobá. To continue, one travels along a rocky track for several miles and suddenly round a sharp bend in the road are the still waters of Lake Cobá and in the distance rising above the thick forests is Cobá's largest pyramid with the lesser pyramids and mounds around it. It is an extraordinary sight to come upon in the middle of the jungle; and, of course, it must have been the lake that attracted the Maya to the place.

Not much is known of Cobá. It was almost certainly the largest Maya city in northeastern Yucatán and dates back to the seventh century. Cobá continued to be inhabited into post-classic times but was abandoned after the Spanish Conquest. In some Maya legends, Cobá is associated with the sun god; and the town's name means something like "ruffled waters," reflecting the group of shallow, reedy lakes round which it is built. Very little has been excavated here, and there are some two hundred and fifty buildings stretching out over an extensive area. Despite the few pyramids and tombs that have been excavated, Cobá remains a remote and desolate spot, frequented for the most part by Maya hunters and *chicleros*.

I was taken round the Cobá

ruins by a youthful Maya Indian who said his name was Don Miguel. He would not tell me his given Maya name. Like many Maya, he looked much younger than his thirty-three years—the longish pitch-black hair, the squat muscular figure, the black eyes, the almost lustrous brown skin. He was an amiable man; yet he kept himself aloof, a hint of defiance in his eyes. He had been born here at Cobá, as had his mother and grandmother before him. He was a hunter who had spent his life in the jungles of Quintana Roo.

The Maya had always referred to the Yucatán as "the land of the turkey and the deer." The jungles were filled with wild game—the spider and howler monkeys, ocellated turkeys, tapir, the cuasow and the guan, deer and peccary and even the jaguar, the largest of the world's spotted cats. Don Miguel had hunted them all. He was dressed in khaki trousers, a linen shirt, and, oddly, a baseball cap, and the thick boots that he wore as protection against the snakes—the boa constrictor, the rattler, and the dreaded nauyaca, the snake the Spanish called *cuatro narices*, since it seemed to have four noses and could kill a man in fifteen seconds. Don Miguel was probably referring to the fer-de-lance, which abounds in the local jungles. He shrugged. He had hunted them all, he said.

Running along the edge of Lake Cobá is the longest known Maya road, which runs in a straight line for sixty-two miles from Cobá to Yaxuná in the west. It is only one of sixteen roads that crisscross the city of Cobá. No such network of roads exists anywhere in the New World except in the lands of the Inca. The main road is about thirty feet across and is built about three feet above the ground. It is built of great boulders over which a layer of loose stones is set in mortar. Most archaeologists believe that the road served no utilitarian purpose, since the Maya had no wheeled vehicles or beasts of burden. But even that is uncertain: Maya toys have been discovered with tiny wheels on them, so the Maya at least understood the principle of the wheel. But no wheels have been found, which is not surprising. They would almost certainly have had to be made of wood, which would have decomposed centuries ago.

The roads were probably used by travelers on foot or in litters and more likely for ceremonial parades. We walked down the

road for nearly a mile. It is mostly rubble now, the great boulders thrown up, uprooted by trees that have, in turn, fallen across the road. Even so, the road is an impressive engineering feat, which must have taken years to build. At the edge of Cobá, there is a small pyramid, almost completely overgrown. Don Miguel pointed out that although the archaeologists call these structures pyramids, they are, in fact, signposts, indicating the direction of other cities and their distances. There are many of them along the roads, he said, but the archaeologist cannot read the Maya script. Nor could Don Miguel, but they were signposts nonetheless.

Don Miguel's home was in a clearing at the foot of the largest pyramid. Next to the house was his *milpa*, the Maya maize field, in which he grew corn and such minor crops as beans and squash and chili peppers. These are the staple foods of the Maya and hence of the Yucatecan diet. Yucatecan food differs greatly from what is known as Mexican. It is highly spiced and based on ancient Maya recipes. A few days before in Mérida, the capital city of the Yucatán, I had eaten in a Yucatecan restaurant that served such specialties as *poc chuc*, a pork dish served with onions and tomatoes; *pollo pibil*, which was chicken wrapped and baked in banana leaves; and *filete de venado*, venison steak. The typical meal is usually accompanied by a local beer called Carta Clara and is topped with a liqueur called *Ixtabentum*, a distillation of the honey from a flower, by the same name, that only grows in the Yucatán.

Here in Cobá, at the home of Don Miguel, a variant of that meal was served. The house, a typical Maya adobe and thatched one-room house with no windows, is called a *casa de paja* or house of straw; and the Maya have been building these houses in the same way for more than a thousand years. Round about the house ran his pigs, a scruffy dog, and two black ocellated turkeys. Don Miguel's wife, wearing her "huipil," the white and billowy Maya dress, served a kind of *poc chuc* with tortillas, a black bean mash, and the inevitable chili peppers. We didn't finish lunch till five.

Toward sunset, Don Miguel guided me up Cobá's highest pyramid, a structure of some 128 steep steps on top of which was a dilapidated stone temple. From such a height one could look out over the ruined city and the



jungle, which seemed to ripple in the dying light. Below were the lesser pyramids, the tombs, the raised platforms, the sacrificial altars, and the ruined ball court. The game played in this court was a Maya favorite and made more comprehensible the baseball caps many Maya wear today.

When Don Miguel was not talking of Cobá he spoke of the Maya and their ways. He was skeptical of the Maya youth now being trained in Cancún as waiters, chambermaids, and clerks. They would become uprooted, he said, divorced from their families, their *milpas*, their traditions. He had even heard that some had ceased to speak Maya in favor of Spanish. Maya was one of the oldest spoken languages in the world. He thought change a bad thing. He believed in tradition.

Although Don Miguel had been born in Cobá, his family had taken him to most of the ruined Maya cities in the Yucatán. Not only had he been to Tikal, Uxmal, and Chichén Itzá, he had also visited certain cities deeper in the jungle, which he claimed were not even known to the Institute of Archaeology in Mexico City. But he hated archaeologists. They only came to plunder, to pick and to plunder and to take their spoils back to their museums. It amused him that these men were always discovering "lost" Maya cities. The Maya knew where their cities were, he said, and preferred that they remained "lost," as they were holy places and should not be disturbed.

Don Miguel, himself, had little idea where the Maya had gone or why they had abandoned their great cities. *Quién sabe, señor?* But then he spoke of a flood, a great flood, which had swept over the Yucatán peninsula a thousand years ago. It had destroyed the cities and all the people but for two, a man and a woman; and all the Maya today were their children. I asked him when the waters had withdrawn, but he didn't know. No one knew. It was a charming blend of Maya and Catholic legend, but Don

Miguel believed it was true.

Although most Maya are Catholics, many Maya, on holy days, still worship at the sacred altars in the jungle. No white man knows of the altars, Don Miguel said; and there on holy days worshippers continue to burn copal incense, the incense the Maya called "the odor of the center of heaven." They worship the old gods—Ah Kinchil, the god of the sun, and Chacmool, the god of rain, and Ah Puch, the great god of death. The Maya believe in cyclical creations and destructions of the world. They believe we have passed through four such eruptions and are now in the fifth, that the present universe was created in 3113 B.C. and that it will end violently in 2011 A.D. It is in the calendar.

As the sun set, it threw great red and yellow shadows across the darkened sky. The whole jungle breathed and stirred like some huge primordial animal. Looking down on the ruined city, I had no difficulty seeing that what had been taken from the jungle the jungle had taken back. And that was fine with Don Miguel. He wanted only that the secrets of the past should be preserved so that his future would not suffer. One gave too much away.

As darkness fell and we came cautiously down the great pyramid, I remembered something that John Stephens had written. "It is my belief," he wrote, "that within this region cities like those we have seen in ruins were kept up and occupied for a long time, perhaps one or two centuries after the Conquest, and that, down to a comparatively late period, Indians were living in them, the same as before the discovery of America. In fact, I conceive it to be not impossible that within this secluded region may exist at this day, unknown to white men, a living aboriginal city, occupied by relics of the ancient race, who still worship in the temples of their fathers." And I would like to think that were true. So much for one's suspicions. So much for cynicism. ▽

## GOSSIP

(Continued from page 90)

the worst gossips of all, even though they may pride themselves on telling the whole truth and nothing but.

Remember, gossip is a contagious disease—and it's only good if the subject and the material have guts and freshness. For instance, who can get excited over accounts of society folks' comings and goings to Acapulco and Saint-Tropez? That's press-release stuff. That is, unless the reasons for their comings and

goings have something to do with kept mistresses, divorce, or secret financial wipeouts. Highbrow gossip almost always must be verbal (somehow, by the time you read something it's already common knowledge and not worth spreading) and almost always has to do with movie stars. (Although Washington, D.C., has become the new-age Hollywood, in spite of attempts to "launder" the news.) Still, "tops in talk" is anything having to do with illicit sex—adultery and homosexuality.

(Continued on page 130)



## REMOVE HAIR FOREVER

Perma Tweez is a simple electrolysis instrument that PERMANENTLY removes ugly hair from all areas of the face—such as the chin, upper lip, eyebrows. Embarrassing body hair can now be removed forever in the privacy of your boudoir. Arms and legs can be forever free of the inconvenience of constant hair removal. An **exclusive** U.S. Patented safety feature allows you to do this without puncturing the skin!

### AN EXPERT'S APPROVAL

Perma Tweez has been clinically tested by a university professor of dermatology and proven to be safe and effective. One of his patients had previously been tweezing hairs from her chin every day for 15 years. After treating herself with Perma Tweez, she has eliminated this time consuming chore for the rest of her life! Over 15 thousand instruments in use by doctors—over 500,000 in use by people like yourself.

Easy instructions make you expert in a few minutes. Save hundreds of dollars on salon electrolysis by doing it yourself.

### 14 DAY MONEY BACK GUARANTEE

**\$16.95** Send check or money order.

### GENERAL MEDICAL CO., Dept. V-100

5701 West Adams Blvd.  
Los Angeles, California 90016

- ☐ I enclose \$4.00 deposit and will pay balance COD plus extra COD postage.
- ☐ I enclose \$16.95 in full payment.
- ☐ BankAmericard ☐ Master Charge

No. \_\_\_\_\_ Exp. date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Mfr. of Professional and Home Electrolysis Equipment





## "Gossip can be involved with tips on job firings, hirings, salary figures, alimony, plastic surgery, sickness, impending death. The bigger the topic, the bigger the mouth"

### GOSSIP

(Continued from page 129)

Last year's ho-hum hype had to do with anyone's making a "closet debut" as a full-fledged bisexual. It may be that this year's supersonic scoop will be anyone's announcing heterosexuality. Perversity does hold a mighty place in the field of gossip, yet the big key for any exchange of "juice" is that it's got to be believable. Outrageous but credible. You see, it's that combination of absurdity and truth that catches the ear and makes you mind-mull the information until the big "It-could-be" realization surfaces.

Aside from the obvious sexual subjects, gossip can be involved with tips on job firings, hirings, salary figures, alimony, plastic surgery, sickness, impending death. The bigger the topic, the bigger the mouth. That's why all pro gossips (and I don't mean the ones who make a living at it) do follow-up checks and make instant info connections with such people as plastic surgeons (analysts are out), answering-service operators, hairdressers or shampoo girls (manicurists are out), car mechanics and garage personnel, elevator operators, parking-lot attendants, cleaners, and exercise teachers. To be a good "connection," the source must come in contact with people every day and therefore hear all, know all, and only *appear* to keep all under wraps. The old days of maids' and chauffeurs' and chefs' being the sole resources are out, mainly because a lot of hot stories involve those "upstairs" with those "downstairs."

Actually, good gossip should always have to do with something alive and happening or about to happen, not something that's dead and gone. The best gossip should inspire you so much that you simply can't wait to live another day to find out if it all actually comes to pass; it should also make you feel amused about life and make you realize that nothing and no one is ever so safe and sound that unbelievable changes (upsets or uplifts) can't occur.

Nowadays it seems as if everyone has a tale to tell about someone and everyone has a half-empty ear ready to be filled. Look at all the "lowdown" books that are becoming popular. There's Ben Bradlee's confession of his friendship secrets about the Kennedys; Lilli Palmer used pages jawing about her acquaintances' carryings-on; David Niven felt compelled to tell us about the real Douglas Fairbanks; and Milton Berle felt the need to write us about the real Milton Berle. Of course, whether we really care about all of this gossip glitz is something else—since one man's breathless hot tip is another man's indifferent cool sigh.

Naturally, the type of gossip varies with the individual and the profession. Every field has its own racket and rumors to run. Every small office has its own Liz and Dick romance or Phyllis Diller face job to talk about. After all, the world cannot exist solely on *Photoplay* accounts of Jackie's spending and her future husband, or Teddy Kennedy's continued secret romances with "boiler room girls," or Cher's skin problems, or Henry Kissinger's sexual potency, or rehashed stories of Judy Garland's drug supply and Marilyn Monroe's nights with John F. Kennedy. And please save us from the avalanche of items about to be manufactured on Patty Hearst's Real Self.

It often seems that people who are most talked about have the least going for them, meaning that meeting the subjects wouldn't be nearly as exciting as reading or hearing the trash about them. With some of these personalities, it's their overwhelming vacuousness that leaves you wondering what's going on. That's what sparks our fantasies and makes us (or at least some of us gossip gorillas) want to "fill in" missing parts.

Actually it's hard to stay on top of the rumor race. Remember, great gossip is short-lived by nature (which is another reason why it's a perfect 1970's art form—a kind of fast food for the brain, a match for McDonald's and Jack-in-the-Box fare), and you're either hot for the moment or you're not. Gossip's life-span is as long as the story is told; but once a story spreads too far, it becomes as boring as fact.

I personally love the lower form of gossip having to do with my immediate friends and maybe one or two V.I.P.'s that almost seem accessible like a Congressman or a Councilman (Senators are too remote) or a sanitation man. By the way, this lower form of gossip is called "Deep Dishing"; and it's the kind of stuff that really knocks you for a loop—the shocker material that, once you hear it, sends you reeling for the phone to call a friend with "are-you-ready-for-this?"

Deep Dishing involves tremendous energy and more than likely a great deal of fantasy. There are "dishers" (originators), "dishees" (carriers), and of course the "dished" (subjects or victims). In order to be a Dynamite Deep Disher, you have to have a terrific imagination, be a great believer in your scoop, and have a devastating delivery. You must be so self-confident that no one would dare to ask you if you got your story from "the horse's mouth." *You are the Horse's Mouth.* Firecracker Deep Dish sessions should leave you with the same revved-up motor as you would get from playing a good game of tennis or from finishing a great mystery.

Even better than participating in a Deep Dish is to overhear one—while walking down the street, at a nearby coffee-shop counter, in an elevator, from a public bathroom stall, or in a launderette. It's amazing the little scenarios you can pick up at these places, and you don't have to know the cast of characters involved—although you'll be amazed to find that more often than not you will. It's a small world; gossip makes it smaller.

It could be that we all thrive on dirt digging because there's some kind of power that goes along with knowing the "real inside story" on someone or something. What was Watergate in its early stages but a smelly rumor down the hall that Woodward and Bernstein decided to sniff out? Remember not all gossip is gook. Sure there's a lot of hot air involved; then again, "where there's smoke, there's fire." Many personalities complain and, of course, sue over how their characters have been publicly ruined or maligned. Some of those personalities haven't begun to understand that to be talked about at all is the highest compliment (or, to say the least, a credit to a highly paid public-relations man).

There is such a thing as good and bad gossip; and, frankly, it's hard to differentiate at times. Perhaps you can tell by the manner of the person who is relaying the message. Often rumors have more to do with the "disher" than the "dished." You can also spot a wicked tongue when the gossip makes too much of an issue, pauses too much, and seems to fabricate and to enrich the story as it goes along.

There is, unfortunately, another reason why gossip is an energy force, and it has something to do with the constant destruction of our idols. It does seem that, just as soon as we discover a hero or perhaps manufacture a personality into a superhuman, we feel an incredible urge to gut that person and to knock him down in some way. We have to go into the secret hiding places with a hatchet and a klieg light for a brutal exposé.

But there is also something terribly humanistic about gossip. It reduces all genius and glamour to sameness, and so it tends to make us feel more comfortable about ourselves. As Erica Jong said, "People would rather read gossip than literature . . . because it has something to do with preserving our self-importance." Suddenly, reading about Frank Sinatra's foul-mouthed curses to some female journalist reminds me of my own Uncle Herbie's obnoxious behavior to cocktail waitresses. And maybe it's better that I think of Frank Sinatra in terms of my Uncle Herbie instead of as some deity with golden tonsils who can do no wrong.

Which brings up a very crucial issue about the future of gossip. Sure it may be here to stay, but, believe me, Deep Dishing about big-time types is getting harder to come by. There's simply nothing left to whisper about, when all of those successful television talk shows are big dish sessions and it seems as if all the major celebrities have appeared and spilled their own beans.

I personally have had a problem finding new dishy treats. Although something happened at a party when a "disher" whom I didn't know got up to entertain the entire living-room audience with a "Do-I-have-some-dirt-on-a-bitch-you-wouldn't-believe." The rest of us clung to the edges of our chairs and floor pillows with heavy breathing just to hear. He proceeded to tell a story in which the "nameless bitch" lead character was none other than *me*. When the Disher becomes the Dished, the party's over. Remember, the whole gist of gossip is that it's never really about *you* . . . always about some other poor soul; and repeating twice-told stories about a person to the person's face (unless they're asked for) is probably the biggest gossip gaffe of all. That incident did "cold turkey" my dishing for a while. However, once you've been a dished victim you tend to become a craftier disher. Obviously I'm right back in the flack flow again.

So who dares to bad-mouth gossip? Not I. I say keep those eyes and ears peeled and PASS THAT TRASH. ▽



## Nancy Kissinger loves fashion shows: "Great entertainment, comment on our life-style"

### NANCY KISSINGER

(Continued from page 99)

persona. In Washington, where power politics and One-Upmanship are a way of life, she is refreshingly her candid self.

Nancy Kissinger's special role, as she sees it, is to create a supportive world apart, a place where Mr. Kissinger can unwind. She is his best friend as well as his wife and his intellectual equal, and she wants to be where he is so she can help. On the hard trips, she is there "so he can tell someone all the things that have gone wrong. It makes the troubles disappear." At home, they usually sit and talk out the day in front of the fireplace.

Nancy is a Republican *not* for some carefully rehearsed moral or philosophical reasons but, she said, "because I always liked the Republican candidates." She doesn't save White House invitations or mementos of historic occasions in which she and Mr. Kissinger have been involved. She doesn't wear much jewelry (except for those big gold hoop earrings) because "I inevitably leave things around and I'm out of the habit." She doesn't like to wear perfume because it makes her sneeze and her eyes water. Except for a cleaning woman who comes in Fridays and Mondays "to clean up before and after the weekend" and a part-time laundress, it is she who does the housework.

Her field is Western history, yet Mrs. Kissinger argues that the American emphasis upon European study to the neglect of Eastern civilization is an educational mistake. "I have these gaps in my information," she said frankly. "I'm sorry about that." At the same time, she is more nearly apolitical than political, not a current-affairs buff like nearly everybody she sees regularly. She reads *Foreign Affairs*, *Foreign Policy*, several newspapers, and the news magazines.

In recent months, Nancy has also read *Shogun*, a novel of seventeenth-century Japan; Mrs. Alsop's delightful collection of letters to Marietta Tree; and Janet Flanner on London. On air-planes, she reads murder mysteries ("I think I've read all of

Agatha Christie"), mostly because she doesn't like flying and these books distract her. And if there's a spare moment, she'll reach for a complex crossword puzzle.

"I don't watch much television," Nancy said. "If you're brought up in the reading generation, you read first. When Henry and I travel, we each take one suitcase of books—small suitcases. I sometimes wonder what the people who carry those suitcases would think if they knew what was inside. Books and a couple of bottles of Maalox [a stomach-soother], and we're all set. I try to travel light. In the Middle East, when I was swimming every day, what I needed were bobby pins, rubber bands, and Carmen curlers. I don't take a travel iron. Most things will hang out, or the hotel can do them."

As unlikely as it may seem, Mrs. Kissinger loves fashion shows and tries to get to them now and then. "They're great entertainment," she explained. "I like the funny, amusing way they're put on. They are a commentary on our life-style."

For herself, she chooses "things that go with things," including skirts, pants, shirts, and jackets that interchange and, with obvious delight, suits. "I'm so glad they're back," she said. For evening, she has a couple of long dresses, and several long skirts she wears with different blouses. Bill Blass, Mollie Parnis, and Oscar de la Renta are represented in her closet, and her colors are solid black, navy blue, and grey; although one of her beautifully tailored pants suits is hunter green and her big fox-collared and -cuffed afternoon suit is honey beige.

Since she is tall (nearly six feet) and slim, Nancy can get away with almost any style. She likes to sound very practical, but she switches from the severely tailored to the downright romantic regularly.

"I like those straight, clingy dresses," she said wistfully. "The kind you just put on over your head. But if I did that, I'd look like the *Queen Elizabeth* sailing down the street."

Well, not really. But that kind of thinking is what makes for fashionable originality. ▽



**TATUM O'NEAL DRESSES UP IN OSCAR DE LA RENTA plus conversations with VALENTINO, KENZO, COURREGES, ISSEY MIYAKE, MADAME GRES, EUGENIA SHEPPARD, plus the newest lines from STEPHEN BURROWS, ZANDRA RHODES, FERNANDO SANCHEZ, DIANE VON FURSTENBERG, plus drawings by YVES SAINT LAURENT in**

*Andy Warhol's Interview*

the monthly glamour gazette

**SUBSCRIBE** \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\$7.50 for one year INTERVIEW, 860 BROADWAY, NEW YORK CITY 10003

**Just in case...** the order form is missing from your **VOGUE** you may order with this coupon ▼

### VOGUE SUBSCRIPTION ORDER FORM

SEND ME

**1 YEAR (12 ISSUES) FOR \$10<sup>00</sup>**

(\$5 less than the \$1.25-each newsstand cost)

☐ PLEASE BILL ME ☐ MY PAYMENT IS ENCLOSED

MAKE CHECK OR MONEY ORDER PAYABLE TO VOGUE.

(This rate is limited to the U.S.A. and its Possessions; for Canada & Mexico, add \$2 a year for extra postage. Elsewhere, Vogue is \$15 a year.)

Name \_\_\_\_\_ (please print)

Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MAIL YOUR ORDER TO **VOGUE** BOX 5222 BOULDER, COLORADO 80302

COMING IN FEBRUARY VOGUE  
**Spring Collections**

AT YOUR NEWSSTAND FEBRUARY 3



# VOGUE'S TRAVELOG

## Arizona

LITCHFIELD PARK



All the warmth of Arizona in the Total Concept Resort near Phoenix. 54 holes of superlative golf. Complete tennis centre, riding, swimming, superb cuisine, dinner dancing, nightly entertainment, matchless accommodations. Golf & Tennis Package Plans available. Write for literature. Reade Whitwell, V.P.

**THE WIGWAM**  
Litchfield Park, AZ 85340 (602) 935-3811  
Tetley/Warner Represented

## Mexico

### VILLAS TACUL

Cancun, Mexico

The most luxurious accommodations on the island. If not the entire Caribbean.

For information on these two, three, four, and five bedroom houses, write Villas Tacul, 924 Farmington Ave., W. Hartford, Conn. 06107. Or phone (203) 233-2104.

### Plantation Inn

OCHO RIOS JAMAICA, W.I.

A luxurious way to escape. True colonial atmosphere. Impeccable Jamaican service: 120 dedicated staff for 130 guests. Cuisine to exacting standards. Two beaches, tennis, golf and all water sports.

#### INCOMPARABLE!

Both resorts retain their individual, very relaxed atmosphere. Both are owned and operated by the Young Family.

#### INCOMPARABLE!

### Pantana

COLONY CLUB

AT SOMERSET BRIDGE - BERMUDA

The charm and elegance of an unique Bermudian cottage colony. Golf and tennis at their very best. Exquisite cuisine and memorable service to round out the finest Bermuda has to offer.

See your travel agent or  
David B. Mitchell, 217 E. 49 St. N.Y. 10017  
(212) 371-1323

"Perhaps the ultimate of all Caribbean resorts."

—HOLIDAY

"The people are friendly, pleasant and courteous."

—TRAVEL

"The food and service are superb."

—SATURDAY REVIEW

"The finest golf resort in the world."

—GOLF

What vacation experts have said about this secluded Caribbean coastal resort and sports paradise could fill a book. Send for it.

Write: COSTASUR, Dept. VG, P.O. Box 1329, Vero Beach, Florida 32960

**COSTASUR**



La Romana Dominican Republic

### The Costasur of Santo Domingo hotels.

The people who created the highly-praised Costasur resort have done it again. With two great resort hotels near downtown Santo Domingo: the new Hotel Santo Domingo, possibly the poshest hotel in the Caribbean. And the remodeled Hotel Hispaniola, probably the best bargain in town. Both overlook the ocean, just minutes from the capital city's old world sights and jet-set action. And both combine the latest in comfort and convenience with the friendly old-fashioned service that's since become obsolete at most resort hotels. For free brochures, write: Dept. VG, P.O. Box 1329, Vero Beach, Florida 32960. For reservations see your travel agent or call toll free (800) 223-6620. (In N.Y. State call collect (212) 333-4100.)



**Hotels**  
**Santo Domingo/Hispaniola**  
Santo Domingo, Dominican Republic

WHEN WRITING TO  
THESE HOTELS OR  
RESORTS FOR LITER-  
ATURE OR RESERVA-  
TIONS, MENTION  
VOGUE MAGAZINE.

**"How does she feel while fasting?  
'Glorious. I have more energy  
than I know what to do with.'"**

## WEIGHT-LOSS FAST

(Continued from page 108)

to the individual case.

When he is sure the patient is in condition to undertake the protein-sparing fast, he gives instructions, a supply of the pre-digested protein mix he calls Pro-linn, and the vitamins, minerals, and any other medications required. Among the instructions: Stop eating forthwith and entirely, drink at least two quarts of water or of designated non-caloric fluids every day, and take the prescribed doses of Prolinn.

The cost of Dr. Linn's program? Work-up and laboratory tests come to about \$75, while \$25 a week throughout the fast takes care of vitamin-mineral supplements, lab work, examinations, and daily visits. The protein-sparing formula is extra: a month's supply, one gallon for an average fast, comes to about \$60.

Does the protein-sparing modified fast really work? And how well? Listen to two of Dr. Linn's patients:

Pauline Sklar, vivacious and attractive, is ecstatic. "Imagine me weighing 175 pounds at five feet two and a half; it shouldn't have happened." Mrs. Sklar thinks her serious weight gain began after two major surgical procedures. "I weighed about 120 pounds when I was married," she said, "and I stayed slim for many years afterward, through the births of my three children."

It's an active life at the Sklars. "My husband, one grown-up son, and my dog are living at home," she said. "We have a tremendous amount of company, all the time. My husband and I have big families of sisters, brothers, cousins, and such, and we have a lot of parties. Also dinners, organization meetings, luncheons, trips."

In the midst of this, how can one carry on a total fast? "It doesn't bother me whatsoever. I do all the food shopping and the putting away, and also the cooking. When my not eating seems to bother someone else, I say, 'Look at me; isn't this wonderful?' and then they agree that it must be all right."

Pauline Sklar dieted for years, and she did take off weight; but never enough, and the process was slow. The first day of the fasting program she lost four-and-a-half pounds. "I was so thrilled there was no stopping me then. Another thing; there is never, ever, a hunger pang." In two-and-a-half months, she lost thir-

ty-eight pounds.

How does she feel while fasting? "Glorious. I have more energy than I know what to do with." How does her husband view the fasting project? "He's absolutely out of his mind with joy. No wonder. I'm back at the size he married."

Not all husbands are so enthusiastic about their wives' weight-loss efforts, said Dr. Linn. "A very frequent problem is the sabotaging husband. He may tell his wife she's lost enough weight when she hasn't; he may complain that he wants her to go out with him and eat, that he liked her better the way she was. He may feel threatened by having her become more slim and attractive."

On the other hand, women are almost always supportive when their husbands enter the protein-sparing modified fast, said Dr. Linn. The main reason probably is that women are aware that overweight increases the chance of heart attacks, especially in men.

United States Army Colonel Albert Brown had threateningly high blood pressure and fifty unwanted pounds. As senior Army adviser for the State of Pennsylvania, vigorously active and traveling a lot, he worried about looking less than military because of excess weight. He also feared a fatiguing or time-consuming reducing program might slow him down physically, which his demanding schedule could not afford. A physician friend sent him to Dr. Linn.

Dr. Linn faced a large project: a six-foot-seven-inch, fiftyish military officer weighing 257 pounds. For one thing, the patient's stature called for nine ounces daily of the Prolinn formula, instead of the customary five or six ounces.

Col. Brown's life-style, like Mrs. Sklar's, would seem a challenge to the concept of fasting. With their six children, the Browns do a great deal of picnicking and barbecuing. There are official dinners to give and to attend, much entertaining, many cocktail parties. Yet, while on the fasting program, said Col. Brown, "I found I could cook and serve the family, go out to dinner, and give parties, with no trouble at all. Never was I hungry. At big parties I would just circulate with a large glass of diet soda in my hand. You really must carry a glass of something about." Now a lanky 208 pounds, (Continued on page 135)



# VOGUE'S SCHOOL & CAMP DIRECTORY

Write Vogue's School Bureau, 350 Madison Ave., N.Y. 10017, or call 212-692-5262

## Travel

### SOUTHWEST EXPEDITIONS

Exploring and Observing in Wilderness Areas of New Mex., Colo., Utah & Ariz. Res. Archaeologist. Prairie Trek for Boys 13-16; Turquoise Trail for Girls 13-16; Little Outfit for Boys 10-12. 47th yr. T.M. Billings, Jr., Box 404516, Indianapolis, IN 46240

## Boys' & Girls' Camps

### CAMP LAUREL—MAINE

Echo Lake. Individualized program for boys and girls 8-15. Sailing, Skiing, Scuba, USLA Approved Tennis Program, Riding, Canoe & Mt. Trips. Theatre & Studio Arts. Non-sectarian. Dr. & Mrs. M. H. Archard, 5 Lookout Ave., New Paltz, N.Y. 12561.

### CAMP WINDY WOOD

84 boys & girls, 6 to 12. Specialized, relaxed prog. Individual attention gained thru small cabin and activity groups. Riding, aquatics, nature, crafts, tennis, hiking, music, riflery, archery. For catlg.: The W. H. Waggoners, P.O.B. 188, Tuxedo, NC 28784

### CAMP CHIMNEY ROCK

58th year. Chimney Rock, N.C. Coed, 4-8 weeks. Ages 7-17. Horseback, Water skiing, Sailing, Swimming Pool, Gym, Archery, Tennis, Riflery, Art, Music, Golf, Campercraft, Reading and Guitar Optional. Write Director, Box 717V, Stone Mtn., Ga. 30083.

### LONGVIEW RIDING CAMP

Coed; in Kentucky's Bluegrass. Golf, 18 hole course; Tennis; Canoeing; Sailing; All Sports; daily Riding; lake and pool. Ages 6-16. ACA accredited. Four 2-wk sessions: June 13-Aug. 7. Dr. & Mrs. Ralph Ellis, Rt. 2, Stamping Ground, Kentucky, 40379. Tel. 502-863-0810.

### C BAR T TRAIL RANCH

Sep. progs. for 30 teenage Boys (4 wks.); Girls (3 wks.). Each camper has a horse. Continuous horseback pack trips thru Colo. Nat'l. Forests. Wilderness camping, Chuckwagon, Gymkhana, Sightseeing. ACA Accr. Quentin V. Felch, Box 158, Idledale, CO 80453

## Boys' Camps

### CAMP PINNACLE

49th yr. Hendersonville, N.C. Blue Ridge Mountains. Boys 8-15, incl. All sports—riding, riflery, canoeing, archery, baseball, tennis; backpacking. Overnight & special trips. For catalog: Van C. Kussrow, 2650 First Federal Bldg., Miami, FL 33131



## LOST 8000 LBS EACH SUMMER

Boys 8-18 lose 20-50 lbs. & have the time of their lives! Increased activity, balanced diet & understanding staff instill self-respect & confidence. Boys can enjoy & succeed at tennis, canoeing, karate, baseball, basketball. Year 'round counseling maintains weight loss. 8 wks. Permanent facilities, pool. Accred. ACA Dr. Lloyd O. Appleton, Box 105  
**KINGSMON Camp** Call Collect  
W. Stockbridge, MA 01266 413-232-8518

If you need more information about these or other camps or trips, do not hesitate to write to us.

## Summer School

### Hawaii HOLIDAY

SUMMER SCHOOL at PUNAHOU  
Co-ed, for grades 9-12

Earn Academic Credit  
All basic Liberal Arts Courses  
Also learn from Champions:

**SURF, SAIL, SCUBA, TENNIS!**

6 wks., all-inc. from W. Coast \$1,825.00 plus Tax.  
Write for Brochure, please include Tel. Number  
Mary V. Wallace, Registrar  
P.O. Box 1656, Kailua-Kona, HI. 96740 or  
Tel. Max Dougherty, Director  
Mainland Ofc. (213) 332-2174

## Summer Creative Arts

### BEAUPRÉ:DANCE,DRAMA,ART

6-wks. of creative living, girls 9-15. Stockbridge, Mass. Illustrative faculty. Classical ballet & modern dance. Theatre productions. Painting, drawing, ceramics. Comfortable dorms. Pool, tennis. Please state age. Catlg.: Mrs. S.V. North, Box 98, Riverside, CT 06878

### LIGHTHOUSE ARTS and MUSIC CAMP



Orch., Concert & Jazz Bands, Ensembles. All instruments — Drama, Dance, Print making, Painting, Ceramics, Sculpture, Aluminum casting, Folk Guitar, Photography, Gilbert and Sullivan operas. Coed, 10-17. Penna Dutch country.

Write: Box 4104, Phila. 19144

## Slim-Down Camps

### LOSE WEIGHT

GIRLS 8 to 21\*,  
CAMP MURRIETA

will help you lose weight (typical girl, 20-45 lbs.) this summer while you learn lifelong weight control skills and have an exciting Summer of fun and friendship. Over 30 sport & self-improvement programs.

Effective home follow-up program!  
FREE BROCHURE Send your Name, Address & Phone:

**CAMP MURRIETA DEPT. MVO**  
8245 Ronson Road San Diego, CA 92111  
(714) 279-7800 \*Special program for girls 17-21  
There is a CAMP MURRIETA in San Diego, Wisc., Wash. St. and Texas.

### Overweight Slight or Quite

America's first weight control camp

Seascope—exclusively for girls 9-18—offers a fine professionally staffed program for weight loss and permanent control through fun-filled summer on 35-acre oceanfront estate. Medically conceived and directed. Nutrition education. Complete sports program. Private beach and pool. Sail, scuba, waterskiing. Parent seminars. Winter follow-up. ACA accredited. Limited enrollment.

**Seascope on Cape Cod Bay**  
Established 1959

For brochure, write: Box E, Brewster, Mass. 02631  
Telephone: 617-389-2553  
John A. Spargo, M.D.—Director  
Penelope S. Peckos, M.S.—Nutritionist

## Girls' Camps

### Overweight Girls 8-18

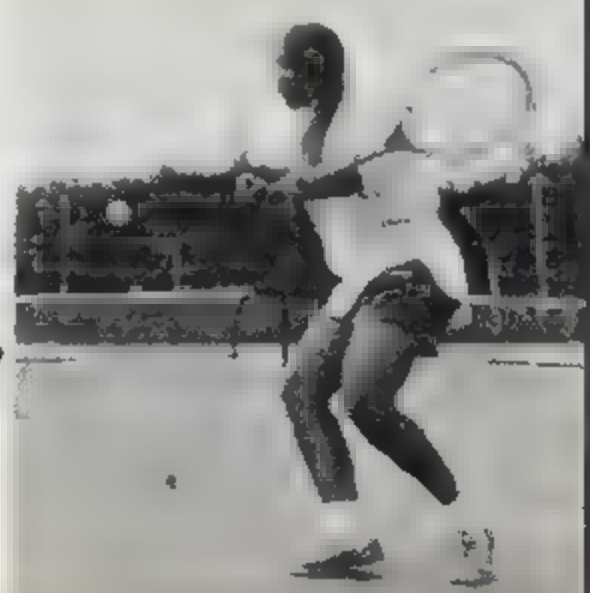
Enjoy a fun-filled summer while losing weight

A Non-medical Program of Healthful Diet & Exercise ★ Heated Pool ★ 20 Tennis Courts  
Golf ★ Fencing ★ All Sports ★ Social Grooming  
Re-education in Eating Habits ★ Usual weight loss 20-45 lbs. ★ Over 14 yrs. of proven success ★ Winter follow-up program maintains weight loss ★ C.I.T. program: ages 16-18  
Junior Counselor program: ages 19-21.  
Mrs. Gussie Mason, Director, Author of "Help Your Child Lose Weight." Fully accredited

Send for brochure.

**Camp Stanley**

Box 529  
Hurleyville, N.Y. 12747



## Girls' Camps

### SKYLAND CAMP FOR GIRLS

Clyde, N.C. nr. Great Smokey Mt. Nat'l. Park. Girls 7-15. Stressing riding, tennis, tripping. Land sports, swimming, arts, drama. Two 4-wk. sessions. Experienced, same family direction since 1917. Catlg. Mrs. T. Brown, 18599 Martinique, Houston, TX 77058

### CAMP WE-HA-KEE FOR GIRLS

Ages 7-17. Winter, WI 54896. Inter-faith. Land & water sports; tennis, riding, golf, gymnastics. Dance, drama, art. CIT prog. Tutoring. Res. Dr., nurse. Est. 1923. ACA Accred. 3, 4 or 7 wks. Catlg. Sr. Marie Karen Hawkinson, 1014N. Bway., Menomonee, WI 54751

### FIREBIRD FOR GIRLS—OHIO

Est. 1954. Fine Riding; 35 camp horses or your horse for training of horse & rider. Camp shows; Two Class A shows. Full prog. incl. Sailing, Tennis, Riflery, Archery, Crafts. Experienced direction. Mr. & Mrs. W.V. Lorimer, 19616 Lomond, Shaker Hts., OH 44122.

### WA-KLO

Thorndike Lake, Jaffrey Center, N.H. Est. 1938. 100 girls, 5-18. Individ. programs. Riding, swimming, gymnastics, tennis, sailing, skiing, dancing, drama, golf, crafts, trips. Tutoring. Mature staff. Nurse. Ethel T. Klobberg, Baldwin, NY 11510. 516-826-5145.

Summer can be a time to develop a talent or open new doors to learning. Many possibilities are listed here.

### AVALON

SALT WATER  
SAILING CAMP  
ON CAPE COD



Individualized program. Skilled, sensitive staff, 95 girls 7-16. Daily beginner and advanced sailing instruction on protected bay. Swimming, tennis emphasized. Water-skiing, trampolines, crafts, golf, riding. ACA member.

Mr. & Mrs. G. V. Laffey, Jr.  
Camp Avalon, Chatham, Mass. 02633

### RED PINE CAMP FOR GIRLS

Minocqua, Wis. Estab. 1938



Directors:  
Mr. & Mrs. Richard Wittenkamp  
Personal attention to individual development of 120 girls 6-16. Diversified programs: waterfront activities, landsports. Riding and the Arts. 4 or 8 weeks. Brochure. Write:

Mrs. Sarah W. Rolley (Associate Director)  
Red Pine Camp for Girls, Minocqua, WI 54548

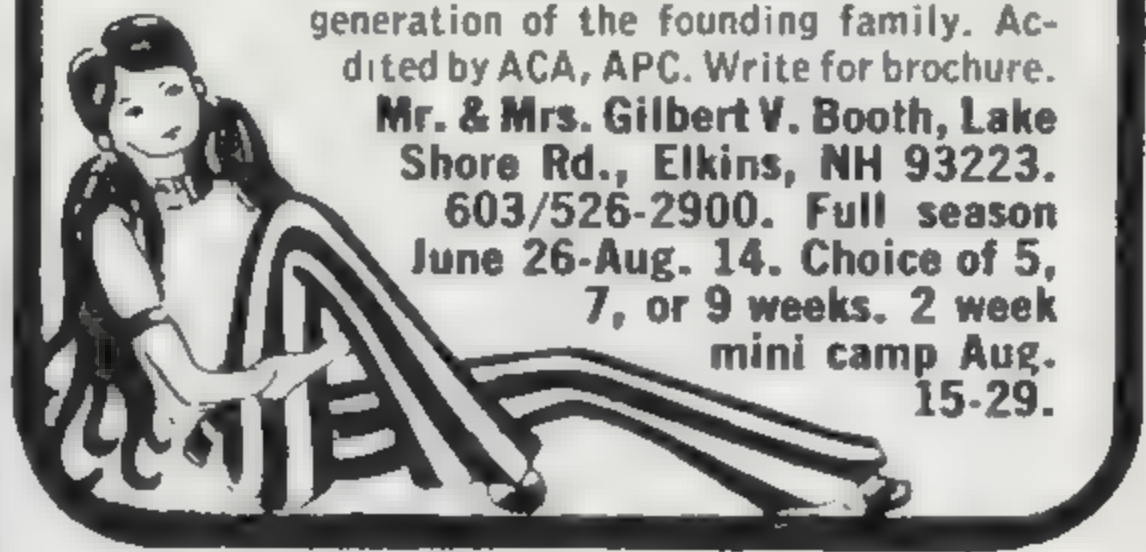
ONE BEAUTIFUL ADVENTURE AFTER ANOTHER AT CAMP

### Kear/arge

ON PLEASANT LAKE, ELKINS, NEW HAMPSHIRE

For a summer of fun and learning; new friends, creative living, shared adventures; clean air, fresh water; swimming, diving, sailing, water-skiing; sports, tennis, gymnastics, volleyball, archery, running, jumping, hiking; riding; dancing, singing, acting in musicals; fine arts; visiting landmarks; camping overnight. 100 girls, 7-16, led by an experienced, mature staff (a counselor for every 3 campers), directed by the 3rd generation of the founding family. Accredited by ACA, APC. Write for brochure.

Mr. & Mrs. Gilbert V. Booth, Lake Shore Rd., Elkins, NH 93223.  
603/526-2900. Full season June 26-Aug. 14. Choice of 5, 7, or 9 weeks. 2 week mini camp Aug. 15-29.



## Girls' Camps

### ECHO CAMP

A fine traditional camp for 31 years. 90 Girls 6-16 enjoy true & lasting friendships on Raquette Lake in Adirondacks. Water Sports, Skiing, Sailing, Tennis, Riding, Canoe & Backpack Trips, the Arts. Mrs. F. V. Clough, Pleasantville, N. Y. 10570.

### LONGACRES RIDING CAMP

Learn to ride, jump, show: 75 camp owned horses, riding twice daily! Informal, flexible program: swimming, sports, art. Brother camp features camping & outdoor sports. Write (state age): Mr. Thomas Kranz, Box 306, East Aurora, NY 14052.

Any of the schools, camps, or travel groups listed here will gladly give you further information.

### brown ledge

Maillet's Bay, Vt. "One of America's finest Camps." FREE DAILY RIDING FOR ALL. Fine show horses, mounted lance drill, jumping optional. Sailing, racing tactics, aquaplaning, drama, tennis, golf, archery, swimming, crafts, trips. "No extras!" "THE COMPLETE AND DIFFERENT CAMP."

Girls 10-18.  
Give Age. Write Winter Office:  
Miss Barbara Brown Winslow WATER SKIING  
155 Dods Court, Box V, Burlington, Vt. 05401  
JC COURSE Chris Craft

### Buff Ledge

Daily Riding; ring & trail. Equitation mounted drill, horse shows. Hunt course. Waterfront program stressed. swim team, water skiing, sailing, trips in our own Chris-Craft Dramatics. Golf, tennis, archery, crafts, riflery, overnight trips. Counselor training. All-inclusive fee. On Lake Champlain. 100 girls 7 to 18. Give Age. Booklet. M.W.A. Hunt  
38 S. Strathmore Blvd. V Sarasota, FL 33581  
813-371-5455

### FARWELL

Riding and Tennis in the Green Mountains of Vermont  
Girls 6-16. Individual instructional approach to activities. Woods, lake, cabins. One of New England's best known camps since 1906. Lots of land and water sports, too. June 26-Aug. 21. 4, 6 and 8 wks.  
Mr. & Mrs. Ron Mallette, Box E, 84 Pine Hill Rd., Ashland, MA 01721 Tel. (617) 881-1873

### kinia

On a Bay of Lake Champlain in Vt. Girls 6-17  
VERMONT 58th SEASON. Riding every day—own stables, hunt and cross country courses. Waterskiing, sailing, swimming, gymnastics, riflery, tennis, drama. CIT program. Hiking outpost in Stowe. Booklet.

IRELAND 12th season of our special program for older girls. Pony trekking, Dublin Horse Show. Visit Edinburgh, London.

Mr. & Mrs. John J. Williams, Milton, VT. 05468. Tel. 893-7849

### TEELA-WOOKET

Horseback Camps in Vermont

Daily riding, 3 age groups. Outstanding instruction, 70 mounts. Beginners, show horses, hunters. Stable management, swimming, SCUBA, golf, tennis, gymnastics. \$800-\$930; outfit rented. Accred. ACA. Write: Mr. & Mrs. John H. Walker, Box 167-V, Sudbury, MA 01776.



Help in finding the right program for yourself or your children. Please fill in this coupon and mail it to Vogue's School Bureau, 350 Madison Avenue, New York, N.Y. 10017. We'll answer it promptly.

Mr. \_\_\_\_\_  
Mrs. \_\_\_\_\_  
Miss \_\_\_\_\_  
Address \_\_\_\_\_  
For \_\_\_\_\_ Age now \_\_\_\_\_ Grade now \_\_\_\_\_  
Special Interest \_\_\_\_\_  
Location preferred \_\_\_\_\_ School \_\_\_\_\_ Camp \_\_\_\_\_



## Junior College

### ENDICOTT

A Two-year College for Women  
Shore Campus—near Boston  
A.A. and A.S. Degrees  
Liberal Arts and Career Courses  
Internship in Professions—Fully Accredited  
Students from 19 States & Foreign Countries  
Dedicated to Excellence  
Endicott College, Box V, Beverly, MA 01915

The choice of a school is an important factor in life. VOGUE'S School Bureau has been bringing students and schools together for 60 years.

## Tutoring

### Oxford Academy

Educational Troubleshooters since 1906.  
For normal intelligent boys 12-20 with academic deficiencies • Enter any time • Study at own pace • One student/one master • Leave when goal is reached. Each boy taught at his own level & speed in each subject. Remedial & developmental reading. On Long Island Sound. Member NAIS. Year round, except August.  
The Oxford Academy, Box 106  
Westbrook, CT 06498 Tel. (203) 399-6247

## Boys' Schools

### Augusta Military Academy

Augusta believes that individual attention develops the student's potential for academic self-reliance and leadership. Grades 8-12 and P.G. Lower School Grades 4-7.

Write Col. V. Harris Livick  
Box 100, Fort Defiance, Virginia 24437

### ST. FRANCIS

Grades 9-12 & PG  
The vigor and enthusiasm of youth are channeled into a true commitment to learning under the Franciscans. Students flourish as individuals in small classes where emphasis is on self motivation. 98% college acceptance. Modern facilities on 70-acre country campus near Gettysburg. Excellent sports. Moderate tuition.  
Father Edmund F. Carroll, Hdm., Box AV,  
Spring Grove, Pa. 17362. Call 717-225-4737

### ARMY & NAVY ACADEMY

A school of distinction and standards since 1910. On the Pacific Ocean 35 miles North of San Diego. Fully accredited college prep, Grades 7-12. Honor ROTC unit. Full sports program. Write: Box V, Carlsbad, CA 92008  
Phone: (714) 729-2385

### GARLAND

Devoted to the Individual Educational Problem  
29 years of successful experience  
To restore a boy's confidence, arouse his aspirations, correct study habits. Personalized instruction for acceleration. Remedial reading. Faculty-student ratio 1-4. College prep. Boys 13-19. Sports program. Beautiful 33-acre campus. Summer session. Catalog.  
Write: Director of Admissions,  
Box 700, Chester, New Jersey 07030

Prepare for Life in an orderly environment conducive to improved academic performance. Develop strong citizenship qualities while enjoying extensive varsity & intramural sports, horsemanship, band, flying, dances & club activities. Learn leadership at school awarded Dep't. of Army's "Honor School With Distinction".  
Grades 5-12 Immediate Enrollment Available.  
B. Gen. F.J. Roberts, USA, Ret., NYMA, Box 5  
Cornwall-on-Hudson, N.Y. 12520 914-534-3710



New York  
Military  
Academy

## Girls' Schools

### STONELEIGH BURNHAM SCHOOL

Edward M. Stevenson  
Headmaster  
Box V  
Greenfield  
Mass. 01301  
413-774-2711

An independent boarding school for 175 girls, grades 9-12. Pre-college curriculum with electives, independent study & advanced placement. Creative arts, wilderness program & skiing. 150 acres near 5-College area; stable, indoor ring & gym. Faculty-student ratio, 1:5. Est. 1869. Accredited by NEASC.

### Foxhollow

A small country boarding school for girls on a 400 acre campus of hills and lakes. Strong college preparation through a four-year correlated program in the humanities. Studio art, drama, music, community service programs. Our own stables and riding ring, skiing, tennis and hockey. Grades 8-12. Call or write:

Mrs. Thomas P. Ryan, Admissions  
Foxhollow School  
Lenox, Mass. 01240 413-637-0071



### Grier

College Prep, Academic Programs, Incl. guidance. Scholarships. Grades 8-12. Creative Arts, Riding, Skiing, team sports. 1000 acres. Dances. 123rd yr. 814-684-3000.  
Dr. D. G. Grier, Tyrone, Pa. 16686

### BARTRAM IN FLORIDA

Girls Boarding. Grades 7-12. Fully Accredited. College preparation of highest standards French, Spanish, Latin, Math, Science, Music, Art, Dramatics, Sports. Pool. Air-conditioned facilities. Est. 1934. Write for Booklet V to: Bradford Lamson, Hdm.

BARTRAM SCHOOL  
2264 Bartram Road, Jacksonville, FL 32207  
904/724-8850



Listed in this Directory are elementary and secondary schools, as well as professional and vocational schools. Write to those places which interest you, mentioning Vogue. Be sure to give proposed entrance date, age and grade at present, type of program or course you prefer.

## Foreign Schools

### SEA PINES ABROAD

American Preparatory School in the Austrian Alps. Co-educational. Boarding. Grades 9-12 plus PG. Traditional academic standards. Ski lifts galore. Adventurous travel program. For catalog, write: Sea Pines Abroad, A-5324 Faistenau 13, Austria.



American  
College of  
Switzerland

### Education for an International World

1854 N Leysin Switzerland  
Degree programs in International Business Administration, Modern Languages, Pol/Soc Sciences, General Studies (BA), Math/Science (BS), Computer Science, Europe-wide Field Research, Study Tours, Skiing at the doorstep. International Student Body. Co-ed. Alpine campus above L. Geneva.  
U.S. Rep. Hans N. Spengler,  
330 E.49, New York, N.Y. 10017

### THE AMERICAN SCHOOL IN SWITZERLAND

COLLEGE PREPARATION IN EUROPE  
American education with an international dimension • Co-educational college preparation in Lugano, Switzerland • Meets highest American academic standards • Grades 7-12 • Outstanding faculty • College testing and counseling • Excellent record college acceptances • Research trips and optional vacation travel in Europe • Sports and activities • M. Crist Fleming, Director.  
Contact: N.Y. Rep.,  
326 East 69th Street,  
New York, New York 10021.  
Tel: (212) 988-5462.

### TASIS

## Coeducational Schools

### RUMSEY HALL SCHOOL

Coed Boarding and Day. Grades 1-9. Rural env. 1 1/2 hrs. from NYC. Small classes, full athl. prog. incl. indoor tennis and crew. International summer prog. in Spain. Gr. 7-12; Summer Session on campus Gr. 3-9. John Schereschewsky, Washington, Conn. 06793.

### THE STOWE SCHOOL

An innovative coed learning community for H.S. students. Self-gov't., social work, non-res. term; arts. Responsibility for one's own education. Graduates enter wide range of colleges. Hubert F. O'Brien, Jr. Headmaster, 504 Mountain Road, Stowe, VT 05672

### THE BEMENT SCHOOL

Co-educational. Grades 1-9. Country Boarding—homelike dormitories. Thorough academic training for leading secondary schools. Enrollment—boarding and day—170. Small classes. Arts & sports.  
John N. Butler, Hdm., Box V, Deerfield, Mass. 01342

### JUDSON-ARIZONA BOARDING-COLLEGE PREP.-COED

Fully accred. Prep & Gen. courses. Healthful desert climate. Gr. 1-12. Informal western life. Sm. classes. Remedial reading. All sports. Riding, swimming. Art, music. Summer camp at Oak Creek. Henry V. Wick, Dir., Judson School, Box 1569, Scottsdale, Ariz. 85252. Tel: (602) 948-7731

### We invite you...

When you are in New York we invite you to call at our offices—a few steps from Grand Central—to discuss your summer plans with us.

## Home Study

### BOOKKEEPING

Be a Bookkeeper in 6 months! Learn at home. High earnings—full or part time. Get a job or work for yourself. Write: North American School of Accounting, Dept. WD016, 4500 Campus Drive, Newport Beach, California 92663.

### DRESSMAKING TRAINING

New Sewing methods for old timers and beginners. Modern home study course features factory short cuts, latest time-saving tips. Certificate. Free Booklet. Lifetime Career Schools, Dept. C577, 2251 Barry Avenue, Los Angeles, California 90064.

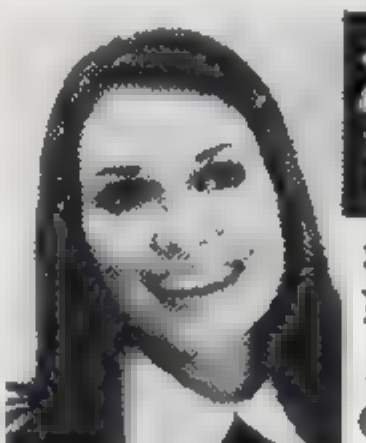


### Design Smart Interiors

LEARN AT HOME - SPARE TIME

Send for Free booklet.  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

CHICAGO SCHOOL OF INTERIOR DECORATION  
Sherman Turnpike, Dept. 900-56, Danbury, CT 06816



### Design Smart Fashions

LEARN AT HOME - SPARE TIME

Send for Free booklet.  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

NATIONAL SCHOOL OF DRESS DESIGN  
Sherman Turnpike, Dept. 900-57, Danbury, CT 06816



### STUDY AT HOME INTERIOR DECORATION

For a Satisfying Hobby or Rewarding Career  
Famous HOME STUDY course. Individual program supervised by prominent N.Y. decorators. Details on how to set up your own business. Lessons illustrated with samples of fabrics, colors, etc. Certificate awarded.

NEW YORK SCHOOL OF INTERIOR DESIGN  
155 East 56th St., New York 10022

Please send me (no obligation) Catalog C-27

name \_\_\_\_\_  
address \_\_\_\_\_  
city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

## Drama, Radio, TV

### Neighborhood Playhouse School of the Theatre

Two Years' Intensive Training in Theatre—Acting, Voice, Movement. Catalog V.  
FALL SESSION  
SIX WEEK'S  
SUMMER SESSION  
340 E. 54 St.  
New York 10022

## Retailing

### BASSIST INSTITUTE

Apparel design, interior design, display, buying & merchandising, fashion coordination. Paid training with leading retailers. Seminar in Paris, Coed, Veterans, Foreign Students, Degree. 72 page catalogue. Phone: 503-228-6528.  
923 SW Taylor, Portland, OR 97205.  
Home of Pendleton, White Stag, Jantzen.

AICS Accredited  
2 yr Associate degree  
The Fashion Institute of Design & Merchandising  
Centered in a progressive fashion market  
Professional instruction • Free placement  
write 323 W. 8th • Los Angeles, Ca 90014  
(213) 680-1444

### Coburn

SCHOOL FOR FASHION CAREERS:  
IN RETAILING AND PROMOTION  
Associate O.S. Degree • Co-Ed  
1 or 2 year courses. 2 annual pd. work periods. Accredited Member NATTS.  
Sept. & Jan. Entrance. Catalog A  
851 Mad. Ave., N.Y. 10021 (212) 879-4644

### Chamberlain

A PROFESSIONAL SCHOOL OF RETAILING  
Thorough 2-year course for High School Grads  
MERCHANDISING • PERSONNEL • DISPLAY  
FASHION • ADVERTISING • INTERIOR DESIGN  
On the job Training with pay in Boston stores  
Social program. Dormitories available. Placement.  
Lic. by Commonwealth of Mass., Dep't. of Ed.  
Hilda V. Noonan, 90 Marlborough St., Boston, Mass. 02116

### Degree in Fashion

Get an Associates Degree in Fashion, specializing in Fashion Coordination, Retail Management, Merchandising or Fashion Promotion. Coed classes. Special work/study programs. Placement assistance. September and January admission. Accredited by NATTS. For free color brochure, send this ad with your name and address to...  
LABORATORY INSTITUTE OF MERCHANDISING  
12 E. 53 St., N.Y.C. 10028 (212) 752-1530

Write to the elementary and secondary schools, junior and four-year colleges which interest you, mentioning Vogue. Be sure to give proposed entrance date, age and grade at present, type of program or course you prefer. Catalogs will be sent to you promptly. If you need assistance in finding the right school to meet your particular requirements, write to us and we will be glad to give you information.



## Fine & Applied Arts

### ATLANTA SCHOOL OF FASHION AND DESIGN

Career training in Fashion Mds. & Designing. 1-2 year courses begin Sept., Jan., March, June. Dorm. 1627 Peachtree, N.E., Atlanta, GA 30309. 404/874-5201

### International Institute of Interior Design

1-4 year courses in commercial, residential interior design. BID degree.



For information write: Box V, 2225 R Street N.W., Washington, D.C. 20008

### fashion Academy of Pittsburgh

Coed. Day & Evening Courses: 12-month Clothing Construction, 18-month Fashion Design Diploma. NATTS Accredited. Dormitories.

Write for free brochure to: 9th St. & Ft. Duquesne Blvd., Pittsburgh, PA 15222. Tel: 412-261-3543

Design a professional career in fashion. All aspects of apparel design for men, women & children from sketchboard to muslin form to fashion show. Coed. Day, Eve. & Summer. Dorms. Request catalog V-1. 136 Newbury St., Boston, Massachusetts 02116 (617) 536-9343.

### the school of fashion design

### MAYER SCHOOL of FASHION

"The Dynamic Approach to Designing" Fashion Workshop Method: Designing Course with graduation certificate in 9 months. Individual Guidance. Day-Eve-Sat. Co-ed. Placement service. Foreign Students. Est. 1931. NATTS Accredited. Free Aptitude Analysis.

• Designing • Dressmaking • Draping • Sketching • Patternmaking • Grading. Request Catalog U. 64 W. 36th St., N.Y. 10018 • 563-3636

### TRAPHAGEN SCHOOL OF FASHION FOR RESULTS

Training Here Pays Lifetime Dividends. Trade Methods in Minimum Time—Coed. ART DESIGN CLOTHING CONSTRUCTION INT. DESIGN. Intensive WINTER AND SUMMER Courses.

Beginners & Advanced. Day, Eve., Sat. Register Now! Illustration, Layout, Life, Sketch, Paste-up, Design, Draping, Pattern, Dressmaking, Certificate Courses. Placement Bureau. Send for Cir. 1. Phone 673-0300. Accredited Member NATTS.

257 Park Ave. South (21st St.) N.Y. 10010

### NEW YORK SCHOOL OF INTERIOR DESIGN

• 4 Mo. Practical Course • 3 Yr. Course in Interior Design • B.F.A. Degree Co-Program • 6 Wk. Summer Session

Classes start Sept., Feb., July. Catalog R7. HOME STUDY COURSE starts now. Catalog C7.

155 East 56th St., New York 10022

### Study at The Professional Art School



### Academy of Art College

625 Sutter Street, San Francisco. Ca. 94102 / tel. (415) 673-4200. Free Catalog

Degree & Diploma Courses in: Advertising / Design / Fashion / Filmmaking / Illustration / Painting / Photography / Printmaking / Sculpture / Counseling / Veteran approved

## "We want patients to lose weight at a slow rate . . . to avoid possible side effects"

### WEIGHT-LOSS FAST

(Continued from page 132)

the colonel bears a fleeting resemblance to a uniformed Ray Bolger.

In South Gate, California, the married medical team of Peter G. Lindner, M.D., and Daisy M. Lindner, R.N., treat a selected number of weight-losers in a protein-sparing modified fast very similar to that used by Dr. Linn.

With some differences. Before the fast begins, the Lindner patient "winds down" by going on a balanced, 1,000-calorie diet for a month. As might be expected, the diet takes five or six pounds off during the first week, but by the fourth week is removing only one to one-and-a-half pounds. Then it's time to apply the protein-sparing fast, using the predigested E.M.F. fluid. Two to six pounds may disappear during the first two days, with a daily loss of about a third of a pound there-

after. "We want patients to lose weight at a fairly slow rate," said Mrs. Lindner, "to avoid side effects."

The Lindners monitor patients carefully, with daily appointments for the first two weeks, and then three each week. Blood and urine studies, full physical examinations, other measures are taken.

"We advise people not to enter the program unless they're willing to go through all of it," said Mrs. Lindner. In fact, the breezily-written but informative handbook that goes with the treatment course specifically warns patients they will be dismissed from the program if they fail to abide by the rules.

Obesity has been called America's most prevalent health problem; an indication that something is wrong with the eating and exercise habits of far too many of us. Gerald F. Combs, Ph.D., nutrition program director for the

National Institute of Arthritis, Metabolism, and Digestive Diseases, reported that between 20 percent and 40 percent of all adults in this nation are overweight. The range of this estimate is wide, Dr. Combs explained, because many people are not weighed or measured or under a physician's care.

The overweight problem is far the worst, Dr. Combs said, among women between thirty and forty years of age. There, the obesity incidence is definitely around the 40 percent mark. And obesity is defined as 20 percent above "standard" weight—the fairly generous poundage for given height and body build that you'll find in many textbooks on diet and nutrition and that your doctor has in his office. If you have this problem, now may be the time to abandon do-it-yourself efforts that don't work and to invest in a medically-guided course of treatment. ▽

### FASHION AND ACCESSORY DETAILS

**Cover:** Earrings, Red Cobra by Frank Giordano, at Henri Bendel. Disc on scarf, Les Bernard. Dan Pollock for Van Allen.

**Page 59:** Geoffrey Beene turnout (not as shown): White cotton and viscose sweater, navy gabardine pants, large navy and white crêpe de Chine scarf. About \$625. At Lord & Taylor; Wanamaker's; John Baldwin; Claire Pearson; Sakowitz; Miss Jackson's; I. Magnin; Frederick & Nelson. Earrings, Aldo Cipullo, at Bergdorf Goodman. Scarf: Geoffrey Beene for Jewelcase. Uno-A-Erre bracelets, to order, at Bloomingdale's.

**Page 64:** Eva Graham earrings. Sweelo pendant, at Design Jewels. Goldstone bangle, Gindi Jewelry. Bangles, from left to right: Les Bernard; Bloomingdale's Cul-de-Sac; Goldstone at Gindi Jewelry.

**Page 67:** Ultimate Spectacle sunglasses. Bracelets: J J Elway Ltd., Tango by Alexis Kirk. Rolex watch at Tiffany. Abbe Creations belt. Hanes tights.

**Page 68:** Bangles: Shashi Imports, Les Bernard, M&J Savitt. Necklace, Bijoux de Madeleine, at Saks Watergate.

**Page 69:** Earrings: Sandy Baker. Bracelets: Eva Graham, M&J Savitt, Richard Loh. Belt, American Indian Arts Center.

**Page 70:** Rolex watch at Tiffany. Belt and bracelet: Elsa Peretti of Tiffany. Bernard Kayman sunglasses.

**Page 71:** Bangles: Kai-Yin-Lo at Dreyfus International; Sweelo bracelet at Design Jewels. Rolex watch, at Tiffany. Morris Moskowitz belt, at Saks Fifth Avenue.

**Page 72:** Left: Cuffs, Stephen Arped for Mr. John. Andrew Geller shoes, to

order at Bonwit Teller. Pennaco tights. . . . **Right:** Pendant, Shashi Imports. Isabel of Madrid for Pankin International shoes, at I. Miller Galleria. Pennaco tights.

**Page 73:** J J Elway Ltd. earrings. Bangles: Susan Sung for Kruger, Van Eerde Gallery. Robin Kahn cording, at waist. Twisted bangles: Accessocraft, at Altman's. Flat bangles Alwand Vahan, at Altman's, Neiman-Marcus. Slice bangles, Julio Repetto for Juvalis.

**Page 80:** Bobby Breslau bag.

**Page 82:** Abbe Creations belt.

**Page 83:** Morris Moskowitz belt.

**Page 84:** Neckcord, Robin Kahn, at Georg Jensen.

**Page 85:** Elegant belt, at Bloomingdale's.

**Page 86:** Bagatelle belt. Morris Moskowitz bag, at Henri Bendel.

**Page 87:** Morris Moskowitz belt, at Lord & Taylor.

**Page 102:** Karam necklace.

**Page 110:** Headband, Tennis Lady. Ray Strauss scarf, at Lord & Taylor. Mini Accutron watch by Bulova.

**Page 112:** Top left: Scarf by Echo Scarfs. Wristband, Tennis Lady. Head sneakers, at The Racquet Shop. . . . Center: Uno-A-Erre necklace at wrist.

**Page 113:** Left: Port of Call necklace, Bergdorf Goodman. Bangles: Sona Boutique, Lecour-Johnson. . . . Top right: Sunwear bathing cap. . . . Center right: Visor and wristband, Tennis Lady. Scarf by Echo Scarfs.

**Page 114:** Rolex watch, Tiffany.

**Page 115:** Top right: Don Kline hat, Henri Bendel. Rolex watch, Tiffany.

**Page 117:** Aldo Cipullo necklace, at Bergdorf Goodman. Sona Boutique bangles. Rolex watch.

**Page 118:** Left: Sylvia Agostini belt, at

Bloomingdale's. Bangles, Eva Graham, Bergdorf Goodman. Peter & Peggy for P.C. Designs.

**Page 119:** Bangle, Cathy and Marsha for Catherine Stein at Saks Fifth Avenue. Joy Optical sunglasses. Elegant belt, at Saks Fifth Avenue.

**Page 120:** Right: Earrings, Peter & Peggy for P.C. Designs. Jute bangles: Tango by Alexis Kirk, at Henri Bendel. Ivory and silver bangle, Port of Call, at Bergdorf Goodman. Rattan bangles, Lecour-Johnson. Sylvia Agostini belt, at Lord & Taylor. . . . Left: Scarf, by Echo Scarfs. Bangle, Port of Call, at Bergdorf Goodman. Sylvia Agostini belt, at Lord & Taylor.

**Page 121:** Lower left: Scarf, Adolfo Scarves. Bobby Breslau bag, at Bloomingdale's Cul-de-Sac. Bangles, Reed & Barton, Sona Boutique; Julio Repetto for Juvalis, Kai-Yin-Lo at Dreyfus International, Port of Call at Bergdorf Goodman. Elegant belt. Shoes, Saks Fifth Avenue. . . . Right: Scarf, by Echo Scarfs. Bangle, Port of Call, at Bergdorf Goodman. Gold bracelet, Uno-A-Erre.

**Page 122:** Celia Sebiri earrings. Neckcord, Robin Kahn for Georg Jensen. Morris Moskowitz belt, at Saks Fifth Avenue. Bangles, M&J Savitt, Julio Repetto for Juvalis, Kai-Yin-Lo at Dreyfus International.

**Page 123:** Left: Bangles, Port of Call at Bergdorf Goodman. Sylvia Agostini belt. . . . Right: Aldo Cipullo earrings, at Bergdorf Goodman. Ivory bangle, Bloomingdale's Cul-de-Sac. Silver bangle, Port of Call at Bergdorf Goodman. Doro scarf, at Saks Fifth Avenue. Pin, Peter & Peggy for P.C. Designs. Morris Moskowitz belt, at Saks Fifth Avenue.



# Find the *Ship'n Shore*<sup>®</sup> Qiana<sup>®</sup> collection at the following stores:

## CONNECTICUT

Danielson: Keech's Mini Mall  
New Haven: Kennedy's  
Stratford: Kennedy's  
Trumbull: Kennedy's

## DELAWARE

Milford: Alices Clothes Tree  
Millsboro: Alices Clothes Tree  
Millsboro: W.P. Monroe & Sons  
Newark: Newark Dept. Store  
Ocean View:  
Treasure Island Fashions  
Ogletown: Mitchell's, Inc.  
Seaford: Peebles Dept. Store  
Wilmington: Braunstein's  
Wilmington: Mitchell's, Inc.

## MARYLAND

Annapolis: Frederick's Men Shop  
Annapolis: Jean La Rue  
Annapolis: Lipman's Quality Shop  
Annapolis: Wilkens, Inc.  
Bel Air: The Hub  
Bowie: Peebles Dept. Store  
Bryon's Run: P.S. Bowling  
Crisfield: Quality Shop  
Cumberland:  
Cumberland Cloak & Suit Co.  
Elkton: Faez Apparel  
Frederick: Hendrickson's  
Frederick: The Parson Co.  
Frederick: Routzahn's Dept. Store  
Frostburg: Mary Carol Shop  
Glen Burnie: Sidles  
Hagerstown:

Routzahn's Dept. Store  
Hancock: James Ladies Shop  
La Plata: P.S. Bowling  
Laurel: Vogue Shop  
Lexington: Peebles Dept. Store  
Pocomoke City: Pressner's  
Prince Frederick: Jean La Rue  
Thurmont: LeRae  
Towson: The Dress Tree, Inc.  
Waldorf: Peebles Dept. Store  
Westminster: The Hub

## NEW JERSEY

Bricktown: Zaksons  
Newark: Bamberger's & Branches  
Oakland: Variety Stores  
Ocean City: Howard S. Stainton  
Paramus: Sterns & Branches  
Passaic: The Fair  
Ramsey: I. Baker Fashion Shops  
Ridgewood: Dorothy Carroll  
Shrewsbury: Zaksons  
Toms River: Zaksons  
Vineland: Marrene's Ladies Shop  
Waldwick: I. Baker Fashion Shops  
West New York: Lily Shoppe  
Woodbridge: Kennedy's

## NEW YORK

Albany: Kennedy's  
Carmel: Morettini's  
Cornwall: Edgar's  
Ft. Plain: Charm Corner  
Monroe: Lil's Emporium  
Newburgh: Fish-Freinhar  
New York: Abraham & Straus  
& Branches  
New York: Franklin Simon  
New York: Macy's  
Port Jervis: Al's Gals

## PENNSYLVANIA

Allentown: Hess's  
Altoona: Bon-Ton  
Altoona: Fisher Bros.  
Bradford: Tate's  
Butler: Troutman's  
Camp Hill: Schleisner's  
Clarks Summit:  
Mackie's-Pringles  
Erie: The Boston Store  
Export: The Hub  
Greensburg: Royer's  
Harrisburg: Bowman's  
Johnstown: Glosser Bros.  
Johnstown: Matchmaker, Ltd.  
Lahaska: The Shift Shack  
Lancaster: Watt & Shand  
Lebanon: Haak Bros.  
Lewisburg: Dank's  
McKeesport: Immel's  
New Castle: Troutman's  
Northumberland: Femme Togs  
Oil City: Brody's  
Philadelphia:

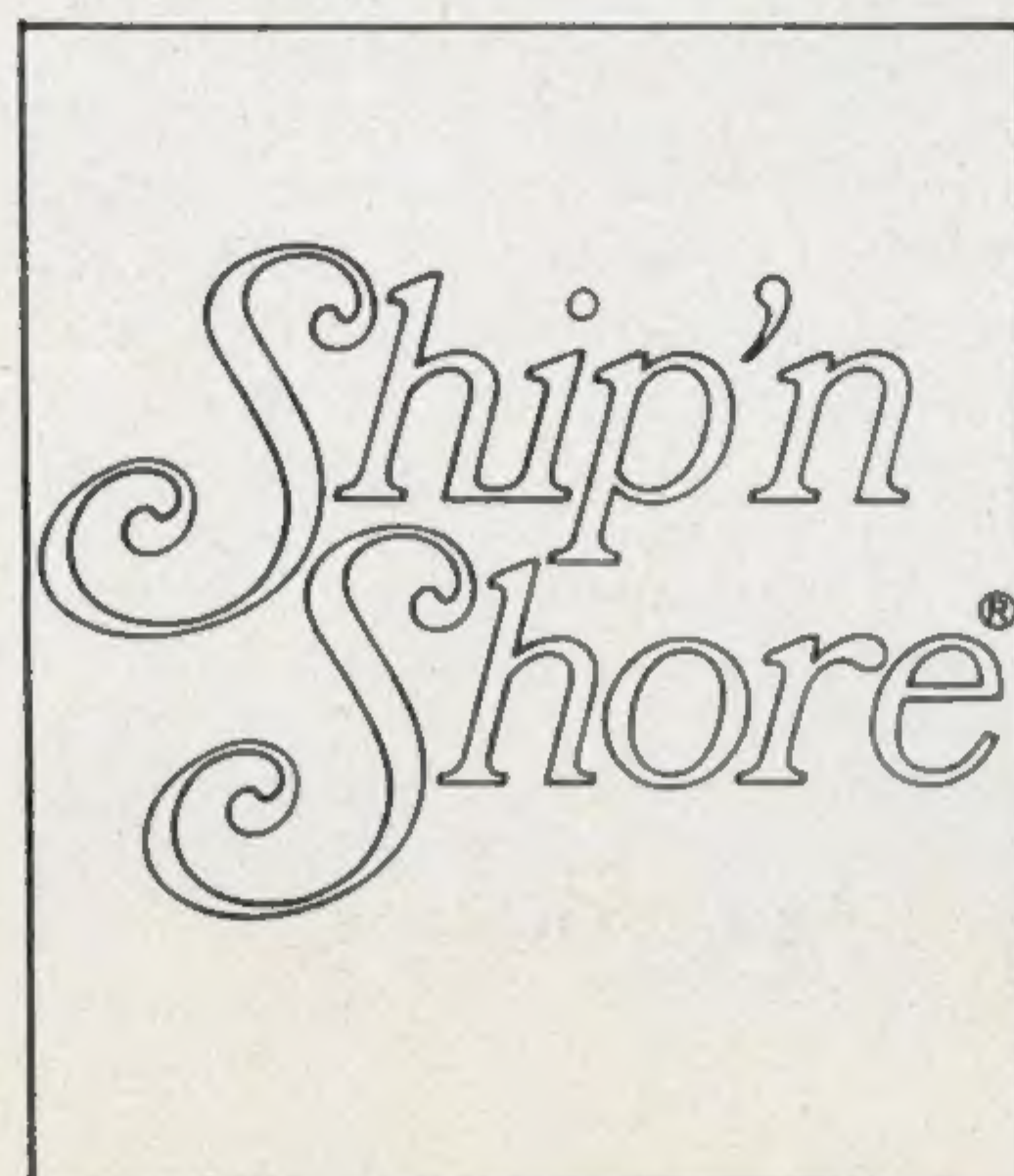
Goldie's Sportswear  
Philadelphia: Sach's  
Pittsburgh: Lebanon Casual  
Tunkhannock: Fitze's  
Uniontown: Metzler's  
Warren: Morrison's  
Washington: Lang's  
Waynesboro:  
Routzahn's Dept. Store

## VIRGINIA

Amelia: Claire's Dept. Store  
Norfolk:  
Leggett of Military Circle

## WEST VIRGINIA

Charleston: A. W. Cox  
Charleston: The Diamond  
Charleston: Stone & Thomas  
Clarksburg: Parson-Souders  
Fairmont: Jones  
Fairmont: Parson-Souders  
Huntington:  
Anderson-Newcomb  
Huntington: T.A. Nasser Co.  
Parkersburg: Dils Bros.  
Wheeling: Horne's



## "In trying to be 'super wife,' Mrs. Harris became even more despondent"

### MISTREATMENT MADNESS

(Continued from page 94)

Even in failure, traditional therapists are often loath to let a woman leave therapy or to refer her to another therapist. One study found that some therapists use threats such as "You're too sick to quit treatment" when women expressed a desire to stop their sessions. Another survey showed that women are in therapy more than twice as long as men, which doesn't say much for the efficacy of the kind of counseling that women have been getting.

Feminist therapy in some form has been around ever since the time when Karen Horney split with Freud over the latter's feminine psychology in the 1920's, but much counseling only began to emerge as a force with the recent Women's Movement. Feminist therapists themselves have several different definitions of the term "feminist therapy," but the most commonly accepted one is therapy in which women receive support for any role they want to undertake—from primary breadwinner to Lesbian partner. Just as the ranks of traditional-thinking therapists include some wom-

en, those of the woman-oriented therapists include some men; but the numbers are still small. More than five hundred members of the thirty-nine-thousand-member Psychological Association are self-declared "feminist therapists" and four hundred and seventy members of the twenty-one-thousand-member Psychiatric Association have listed themselves as open to the equality of women.

Both of these professional associations are moving to heighten the consciousness of their members about the problems of women in therapy. What you can do is to make sure that your own consciousness is raised about your therapist. Find out if his or her views on women are the same as your own before committing yourself to his counseling.

The best advice for women concerning therapy comes from Carol S. Wolman, M.D., of San Francisco, a prime force in the Psychiatric Association's reform movement regarding the counseling of women. "I think it would be a good idea for a woman, if she is not hurting too badly, to shop around for a psychotherapist," says Dr. Wolman, "and if a woman is not getting what she wants with one therapist she should go elsewhere." ▽

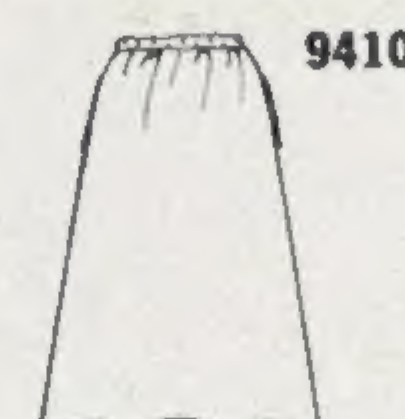
### VOGUE PATTERNS

(Continued from pages 122-123; other views, yardages, details)

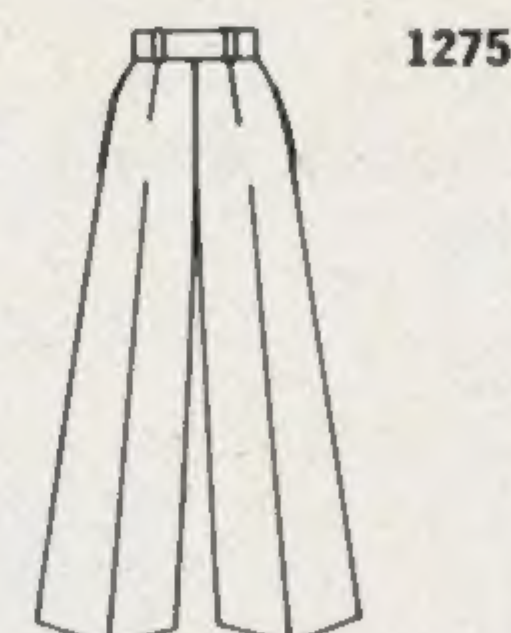


9410

**Pages 122-123** The key unlined shirt of a jacket, with easy matching drawstring skirt, Vogue Pattern 9410. Sizes 8-16. For size 10 jacket, 2¼ yards 48/50" fabric; size 10 skirt, 1¾ yards 48/50" fabric. \$3.50; in Canada, \$3.85.



9410

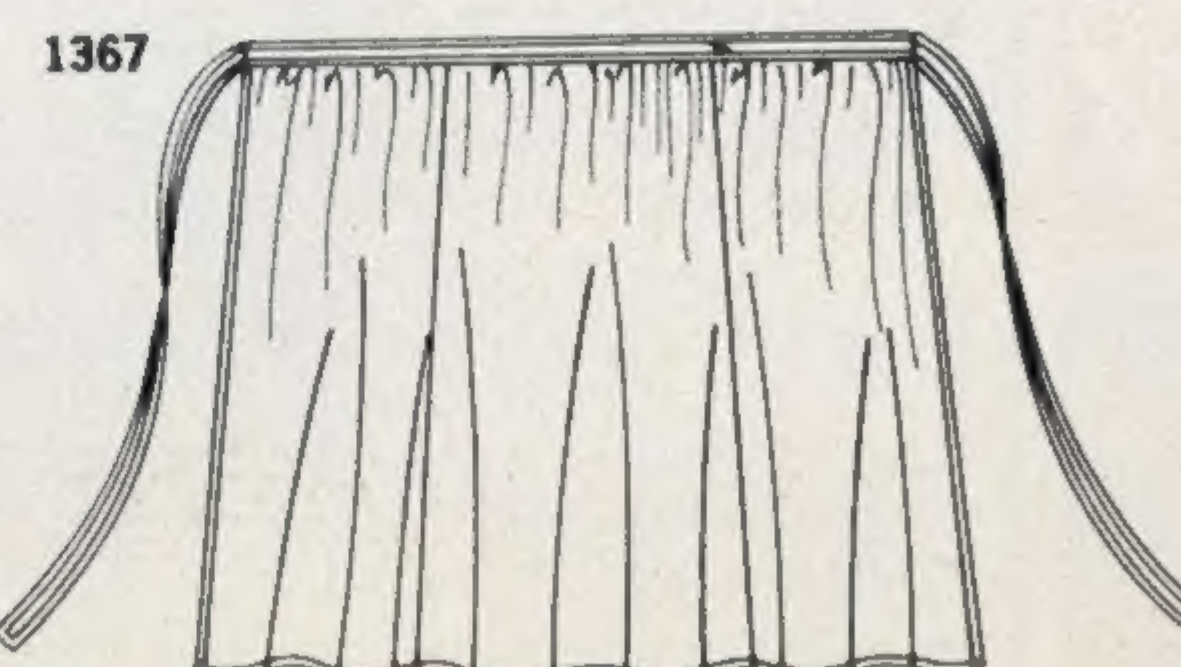


1275



9244

**Page 122** The trousers, Vogue Pattern 1275. Waist sizes, 23"-30". For size 24": 2½ yards of 48/50" fabric. \$2.50; in Canada, \$2.75.



1367

**Page 123** The evening shirt, Vogue Pattern 9244. Sizes 8-16. For size 10: 2¾ yards 44/45" fabric. \$3.00; \$3.30, in Canada. . . . The long wrap skirt, Vogue Pattern 1367. Sizes 8-16. For size 10: 3¾ yards of 44/45" fabric. \$4.50; in Canada, \$4.95.



# Fresh Face

That's you with a little help from Maybelline.

# Hello!

"I like that 'look alive' look you get with a cheeky blush of color that seems to come from inside."

Now! With a stroke of your fingertips you can add a happy hint of soft warm color to your cheeks . . . color that stays put wherever your fingers put it! Two velvety-smooth formulas let you choose just the look you want:

**Fingertip Creme Blush** for a silky, soft matte finish;  
**Fingertip Powder Blush** for a little extra gleam and sparkle.

Both in pink, peach, tawny and cinnamon that blend like magic with your own skin to bring out your freshest face!




**new!**

**fresh & lovely fingertip blushers**

**Maybelline**  
Fine Make-up Sensibly Priced



A vintage fashion advertisement featuring two women standing in a field of yellow wildflowers. The woman on the left is wearing a green long-sleeved top with a gathered waist and a matching green skirt. The woman on the right is wearing a peach-colored long-sleeved top with a gathered waist and a matching peach skirt. Both women are wearing wide-brimmed straw hats with a black and white polka-dot band. The background shows a line of trees under a clear sky.

Ship'n Shore and Qiana® and you.  
Looking rich. Looking ravishing.  
Looking right in the artistry smock,  
the dynasty shirt, the easyskirt.  
Sizes 8 to 18.

See the last page for  
the store nearest you.

# Ship'n Shore®

YOUR KIND OF FEELING. YOUR WAY OF LOOKING. SENSUOUS ALWAYS.

\$19 each. Prices slightly higher west of the Rockies. ©Ship'n Shore 1976.